Favorite Recipes Of

Coronado Country Sweet Adelines

1987

CORRECTIONS:

Page	Name of Recipe	Correction
13	Clam Chowder	1½ tsp. soy sauce
15	Chops Baked in Soup	Bake in 350° oven for 30 minutes. Uncover and continue baking 30-40 minutes or until potatoes are don
15	Crock-Pot Steak Soup	2 carrots, sliced
31	Apricot Salad	No. 2½ can apricots
32	Lime Surprise Salad	2 pkgs. lemon jello
39	Mexican Style Casserole	2 c. Monterey Jack cheese
54	Holiday Buffet Casserole	1 tsp. salt
79	Calico Bean Pot	1 c. catsup
85	Angel Pie	3 egg whites
95-6	Carrot-Pineapple ~~Salad~~ Bread	2 c. grated carrots Add with pineapple and pecans.
113	Twinkie Cake	Twinkie misspelled.
117	Pound Cake	Mix listed ingredients 3 minutes. Add 3/4 c. milk and 1½ tsp. vanilla. Mix 2 more minutes.
124	Sugar and Spice Cookies	4 tsp. soda
126	Quick Lemon Cookies	3 eggs, well beaten
135	Peanut Logs	Add butter with peanut butter.
137	German Chocolate-Caramel Bars	First instruction: Melt together caramels and 1/3 c. evaporated milk in double boiler.
149	Apple Delight	2 eggs
165	Banana Crush Punch	Crush misspelled.

DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

Your friends in Harmony

The Coronado Country Chapter of Sweet Adelines is composed of women of all walks of life . . . homemakers, teachers, beauticians, secretaries, and retirees. They all are drawn together by their love of singing barbershop style harmony and the desire to perform.

The Coronado Country Chorus was founded in 1978, under the direction of Lynne Bolton. The chorus since 1986 is under the dedicated direction of Virginia Frederiksen.

If you are interested in singing, we meet Monday evenings at 7:30 p.m. at Lyons Presbyterian Church, 221 South Pioneer, Lyons, Kansas. Come sing with us.

Rosella V Nelson

A COLLECTION OF RECIPES

Sponsored by

CORONADO COUNTRY CHAPTER OF SWEET ADELINES

Lyons, Kansas

OFFICERS

Director	Virginia Frederiksen
President	Dorothea Fountain
Vice-President	Nedra Erskine
Corresponding Secretary	Norene Sauer
Recording Secretary	Helen Bahre
Treasurer	Linda Williams

COMMITTEE MEMBERS

Lori Viramontez
Sharon Brown
Janet Koch
LaVon Sparks
Jayna Fink

Your Favorite Recipes

Recipe | Page Number

FUNDCRAFT PUBLISHING, INC.
Specializing In Fund-raising Cookbooks
410 Highway 72W., P.O. Box 340
Collierville, TN 38017

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form, or be reproduced by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review for magazine, broadcast or newspaper.

Appetizers, Relishes & Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

Copyright © 1978 Fundcraft Publishing, Inc.

APPETIZERS, RELISHES & PICKLES

SOUR CREAM RIPE OLIVE DIP

1 c. sour cream
1 c. chopped ripe olives
2 tsp. sugar
2 tsp. lemon juice
1/4 tsp. celery salt
dash of salt

Combine ingredients and chill. Serve with raw vegetables.

Pat Snyder

DILL DIP

1 c. real mayonnaise
1 tsp. parsley flakes
1 c. sour cream
1 Tbsp. dill weed
1 Tbsp. onion powder
1 tsp. garlic powder

Mix together and refrigerate overnight. Serve with fresh broccoli, cauliflower, celery or cheese sticks.

Shirley Mosshart

CHOPPED CHIP BEEF DIP

1 pt. sour cream
1 Tbsp. chopped chives
1/2 c. chopped chipped beef
1/2 c. shredded cheese
1/4 c. chopped onions

Mix together ingredients and serve as finger food with crisp vegetables or chips.

Patsy Oliver

SPINACH DIP

2 pkg. frozen chopped spinach
1 pt. sour cream
16 oz. mayonnaise (Hellmann's)
1 can water chestnuts
1 small onion
1 pkg. Knorr Swiss vegetable soup mix

Drain spinach; press dry. Chop onion and water chestnuts (small). Mix all ingredients together.

Beth Bolton

BEAN DIP

1 (16 oz.) can refried beans
1 c. Provolone cheese
2/3 c. water
1 bottle hot sauce
2 Tbsp. minced onion
2 cloves garlic
1 Tbsp. plus 1 tsp. chili powder

Combine all ingredients in a large pan. Cook over low heat, stirring until cheese melts and mixture is heated. Serve with taco chips.

Lori Viramontez

VEGETABLE DIP

1 pt. sour cream
1 pt. mayonnaise
1 Tbsp. dill weed
3 Tbsp. minced onion
1 Tbsp. Beau Monde seasoning

Combine ingredients and chill.

Nedra Erskine

CURRY DIP

1 c. mayonnaise
1 tsp. horseradish
1 tsp. tarragon vinegar
1 tsp. curry powder
1 tsp. grated onion
garlic (if desired)

Blend all ingredients. This is a delicious dip for fresh vegetables.

Marcella Homan

BEAN DIP

3 ripe avocados, mashed
2 tsp. lemon juice
salt and pepper to taste
3 (10 1/2 oz.) cans bean dip
1 c. sour cream
3 tomatoes, chopped
1 c. ripe olives, chopped
8 oz. Cheddar cheese, grated

Mix avocados, lemon juice, salt and pepper. Layer in a 9 x 13-inch pan: bean dip, avocado mixture, sour cream mixture, onion, tomato and olive mix and top with grated cheese.

Marcella Homan

TEX-MEX DIP

Layer in a 13 x 9-inch dish, or cut amounts in half and use an 8 x 8-inch dish.

1st Layer: 2 or 3 cans bean dip or refried beans.

2nd Layer: 2 or 3 avocados, mashed with fork and mixed with a dash of salt and pepper and 2 tablespoons lemon juice.

3rd Layer:

1 c. sour cream
1/2 c. Miracle Whip
1 pkg. taco seasoning mix

Topping:

chopped ripe olives
chopped tomatoes
chopped green onions
shredded cheese

Serve with tortilla chips. This is best at room temperature.

Virginia Frederiksen

ENCHILADA DIP

1 lb. ground beef
1 small onion
1 1/2 Tbsp. chili powder
2 or 3 cans refried beans
1 small jar picante sauce
1 or 2 cans chopped jalapeno peppers
1/2 lb. grated Longhorn cheese

Brown ground beef and onion. In crock-pot add remaining ingredients. Heat in crock-pot, top with more grated cheese and serve with tortilla chips.

Janet Koch

SHRIMP DIP

8 oz. Philly cream cheese, thinned with milk
2 heaping Tbsp. horseradish
juice of 1/2 lemon
1/2 c. shrimp sauce, ketchup or chili sauce
little bit of sugar
salt and pepper
1 flat can shrimp

Mix together and refrigerate.

Kendra Biggs

DIP FOR FRUIT

- 1 (6 oz.) instant vanilla pudding
- 2 c. milk
- 1 c. sour cream
- 1/2 c. orange juice
- 1 tsp. grated orange peel

Mix together vanilla pudding and milk; add sour cream, orange juice and orange peel. Really good with all kinds of fruit.

Kendra Biggs

FRIED CHEESE

- 1 lb. Mozzarella cheese
- 3 eggs, well beaten
- 1/2 c. flour
- 3/4 c. seasoned, dry bread crumbs
- vegetable oil
- Italian sauce

Dip cheese cubes in eggs, dredge in flour and dip again in eggs. Roll cubes in bread crumbs. Place on waxed paper and chill one hour. Fry chilled cubes in deep hot oil (375°) until golden brown. Drain cubes on paper towel.

Yvonna Brown

PARMESAN POTATO STICKS

- 2 lb. cut potato fries
- 1/2 c. butter
- 1/2 c. fine bread crumbs
- 1/2 c. fine Parmesan cheese
- 1/2 tsp. salt
- 1/8 tsp. garlic powder
- 1/8 tsp. pepper

Cut potatoes into French fry slices. Roll in melted butter. Combine remaining ingredients; roll fries in this mixture. Place in a single layer on a shallow dish. Pour over remaining butter. Bake at 400° for 30 to 35 minutes until potatoes are tender. Yields about 6 servings.

Linda Phelps

OYSTER CRACKER PARTY MIX

- 2 pkg. oyster crackers
- 1 1/2 c. oil
- 2 tsp. dill seed
- 1 tsp. lemon pepper
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 pkg. Hidden Valley dressing mix

Blend together ingredients and pour over crackers. Mix well; then spread out on 2 cookie sheets. Bake at 200° for 1 hour; stir every 15 minutes.

Rose Small

CHEESE PUFFS

1 (6 oz.) jar Cheddar cheese (sharp)
1/2 stick oleo (or maybe little less)
1 tsp. salt
1/2 c. sifted flour

Mix cheese and oleo together with salt. Add flour and mix well. Form into 1 1/2-inch balls. Chill 2 hours. Bake at 350° for 15 minutes. Makes about 22.

Anita Southworth

BRAUNSCHWEIGER BALL

1 lb. braunschweiger
2 pkg. green onion dip
1 tsp. sugar
2 tsp. water
2 (3 oz.) pkg. cream cheese
1 Tbsp. milk
1/2 tsp. hot pepper sauce
pinch of garlic powder

Mash braunschweiger and combine dip, sugar and water. Shape in form of igloo and chill. Combine cream cheese, milk, hot pepper sauce and pinch of garlic powder. Spread this over chilled braunschweiger.

Pat Snyder

CHEESE BALL

8 oz. Philadelphia cream cheese
3 Tbsp. black olives, chopped
1/2 c. chipped beef
1 tsp. Worcestershire sauce
1 Tbsp. mayonnaise
minced onion (can use dried)

Mix together and roll in nuts; chill.

Pat Snyder

CHEESE BALL

2 pkg. cream cheese (1 large or 2 small)
3 Tbsp. finely chopped green pepper
1 small can crushed pineapple, drained
1 c. chopped pecans
2 Tbsp. grated onion

Mix ingredients together; form into one large ball.

Serve on lettuce lined cheese board, garnished with maraschino cherries and crackers.

Patsy Oliver

CORNED BEEF AND CHEESE BALL

- 16 oz. cream cheese
- 3 Tbsp. corned beef
- 3 Tbsp. chopped chives
- 1 1/2 tsp. Accent
- 1 1/2 tsp. Worcestershire sauce
- 1/2 c. pecans, chopped
- 1/2 c. parsley flakes

Combine ingredients and form into ball. Refrigerate.

Rosalie LeClerc

JIMMY DEAN SAUSAGE BALLS

- 3 c. Bisquick mix
- 1 lb. Jimmy Dean sausage, uncooked
- 1 lb. sharp Cheddar cheese, grated

Mix all ingredients in large mixing bowl with fingers. (It takes awhile.) Form cocktail size balls and place on cookie sheet. Bake at 325° for 30 minutes.

Margaret Oden

CHEESE BALL

- 2 (8 oz.) pkg. cream cheese
- 1 small can crushed pineapple
- 2 Tbsp. chopped onion
- 1/4 c. chopped green pepper
- 1/4 c. chopped celery
- 2 c. chopped pecans
- 1 Tbsp. seasoning salt

Soften cheese and add the rest of the ingredients. Reserve 1 cup of pecans to roll the dip in. Makes 2 balls.

Helen Bahre

OLIVE NUT SPREAD

- 6 oz. softened cream cheese
- 1/2 c. mayonnaise
- 1/2 c. chopped pecans
- 1 c. sliced salad olives
- 2 Tbsp. olive juice
- dash of pepper

Mix cream cheese with mayonnaise. Stir in pecans, olives, olive juice and a dash of pepper. Mix well. Don't add salt. This mixture will be slightly mushy. It will get to a good spreading consistency in the refrigerator. It keeps well in refrigerator for a week or 2.

Barbara Jellison

SAUSAGE ROLLS

1 lb. raw sausage (hot)
1 lb. grated Cheddar cheese
1 1/2 c. Bisquick

Knead into large ball; then roll into small balls. Bake on ungreased cookie sheet 45 minutes to 1 hour at 250° or 10 to 12 minutes at 450°. May be frozen.

Dorothea Fountain

COCKTAIL MEATBALLS

1 lb. ground beef
1/2 c. bread crumbs
1/3 c. minced onion
1/4 c. milk
1 egg
1 Tbsp. snipped parsley
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. Worcestershire sauce
1/4 c. shortening
1 (12 oz.) bottle chili sauce
1 (10 oz.) jar grape jelly

Mix ground beef, bread crumbs, onion, milk, egg, parsley, salt, pepper and Worcestershire sauce; shape into 1-inch balls. Melt shortening in a skillet; brown meat balls. Remove and pour off fat. Heat chili sauce and jelly in the skillet until jelly is melted. Add meatballs and stir until thoroughly coated; simmer, uncovered, for 30 minutes.

Cocktail sausages may be substituted for the meatballs. Simmer these only 20 minutes.

Nedra Erskine

PINWHEELS

1 can Spam (can use ham, bologna or wieners with the Spam)
1 small onion
1 c. cheese (Mozzarella or American)
mustard

Grind Spam and (or) other meats, onion and cheese together. Mix this with mustard until like a paste. Make a Bisquick biscuit mix and roll out flat. Put the meat mixture on the dough and roll up like a jellyroll. Cut in slices 2 to

2 1/2 inches thick. Place on cookie sheet and bake at 450° until brown. Mustard may be eaten on top of these, also.

Delpha Engelland

SAUSAGE PINWHEELS

2 c. biscuit mix, mixed with 1/2 c. water
1 tube ground pork sausage, torn into tiny pieces

Prepare biscuit mix; roll out on lightly floured board, 15 x 18-inches. Cover entire surface of rectangle with tiny pieces of sausage. Roll up like jellyroll. Wrap and freeze. Slice and bake just before serving. (Slice while frozen.) Bake at 450° for 15 minutes or until brown. Makes 3 dozen.

Bert Buchanan

WATER CHESTNUTS AND BACON

bacon, cut into thirds
water chestnuts, drained

Wrap each water chestnut in bacon. Bake in 400° oven until bacon is done (30 minutes). Pour barbecue sauce over them and return to oven until hot (10 to 15 minutes).

Barbecue Sauce:

1 1/2 c. catsup
1/2 c. white sugar
1/4 c. brown sugar

Dorothea Fountain

BREAD STICKS WITH BACON

bread sticks
bacon slices
Parmesan cheese

Wrap a bread stick with 1 slice of bacon. Microwave 6 to 8 minutes or until bacon is done. Immediately roll in Parmesan cheese. Can be frozen.

Dorothea Fountain

SNACK CRACKERS

- 1 c. cooking oil, warmed
- 1 pkg. Hidden Valley mix
- 1 tsp. lemon pepper
- 1 tsp. garlic powder
- 1 (16 oz.) pkg. oyster crackers

Add Hidden Valley mix, lemon pepper and garlic powder to oil. Pour over oyster crackers; refrigerate. Good with salads or as a snack.

Connie Sewell

MARINATED MUSHROOMS

- 1 pkg. fresh mushrooms
- 1 pkg. Good Seasons Italian dressing mix

Fix dressing according to the directions. Add mushrooms and marinate for several hours.

Nedra Erskine

BEER NUTS

- 2 c. sugar
- 1 c. water
- 4 c. raw peanuts

Bring sugar and water to a boil. Add peanuts. Cook until syrup is gone. Spread on buttered cookie sheet. Sprinkle with salt. Bake 15 minutes at 300°. Turn peanuts; sprinkle again with salt, if desired, and bake 15 more minutes.

Nedra Erskine

<<< Extra Recipes >>>

Soups, Salads & Sauces

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

Copyright © 1978 Fundcraft Publishing, Inc.

VEGETABLE BEAN SOUP

(This Can Be Done In Crock-Pot)

16 oz. (2 c.) dried navy beans	1 c. cubed potato
1 meaty ham bone (about 1 1/2 lb.)	1 c. chopped onion
1 clove garlic, minced	1 c. thinly sliced celery
1 small bay leaf	1 c. diced carrot

Rinse beans; place in a large saucepan with 2 1/2 quarts of water. Bring to boiling; simmer 2 minutes. Add ham bone, garlic and bay leaf; simmer 2 hours. Add potato, onion, celery and carrot. Season with salt and pepper to taste. Simmer for 1 more hour. If using crock-pot, add all ingredients and cook slow for 8 to 10 hours. Remove ham from bone. Dice ham and add to soup. When heated, remove bay leaf and serve.

Loreta Dressel

POTATO SOUP

(Good For Christmas Eve Supper)

1/4 c. butter or margarine	1 qt. chicken broth or bouillon
1/2 c. chopped celery	1 qt. whole milk
1/2 c. chopped onion	salt and pepper
4 potatoes, cubed	eggs, cooked

Saute onion and celery in butter in kettle until limp. Add potatoes and broth or bouillon (4 to 6 chicken bouillon cubes and add 1 quart hot water). Cover and simmer until potatoes are tender. Mash potatoes to thicken soup. Add milk and heat just to scald the milk. Season with salt and pepper to taste. Serve it topped with egg slices and chopped parsley. Serves 8 to 10.

Virginia Monroe

CLAM CHOWDER

3 large potatoes	salt
6 bacon strips	pepper

1 onion	flour
2 cans clams	butter
milk	

Peel and dice potatoes. Cover with water, salt and pepper to taste. Add juice from cans of clams. Boil these until tender. Dice bacon and onion; brown in frying pan. Add bacon and onion to the soup mixture. Add the clams to the soup. Thicken with flour and milk mixture. Add milk to desired consistency (using half canned and half whole milk results in a richer soup). Serve with a pat of butter. Serves 8.

Virginia Monroe

CORNED BEEF CHOWDER

3 medium potatoes, sliced and diced	1 pkg. frozen corn
1 medium onion, diced	1 can corned beef, cut up
1 can tomatoes with juice	salt and pepper to taste
water to cover	1 pt. milk

Boil until potatoes are tender. Do not drain. Add corned beef, corn, salt, pepper and milk. Heat until hot (not boiling).

Beer bread is a great accompaniment to this chowder.

Linda Phelps

TURKEY CHOWDER

1 c. green onion	2 c. half and half
1 c. carrots	1/2 tsp. salt
1 c. celery	1/2 tsp. pepper
1 c. butter	2 c. turkey
1 c. flour	2 c. Cheddar cheese
2 c. turkey broth	

Chop finely the green onion, carrots and celery. Dice turkey and shred the cheese. Saute onions, carrots and celery in butter until soft, but not brown; blend in flour. Gradually stir in broth, then half and half. Cook, stirring constantly (or microwave) until mixture thickens. Add salt, pepper and turkey. As you serve this, top each bowl of soup with cheese.

Virginia Monroe

CATFISH CHOWDER

1 lb. grain-fed catfish fillets, cubed
1 c. cream
4 c. milk
4 potatoes, diced
4 stalks celery, sliced
2 carrots, sliced
2 green onions, sliced
1 Tbsp. butter
1 1/2 tsp. white pepper
butter

Heat milk and cream in double boiler. Do not boil. Cook diced potatoes in just enough water to cover. Drain most of the liquid and add potatoes to milk. Stir-fry celery, carrots and onions in 1 tablespoon butter until onions are translucent. Add to milk. Save liquid. Add catfish and enough water to poach. Cover and cook until done. Add fish to milk. Stir well. Serve with a pat of butter. Makes 10 to 12 cups.

Pat Johannsen

POTATO-CHEDDAR SOUP

4 to 5 boiling potatoes (medium)
1 can Campbell's Cheddar cheese soup
1 1/2 soup cans full milk
1 stick butter
2 stalks celery, chopped
3 to 4 green onions, chopped
black pepper
6 slices bacon, cooked and crumbled
1 chicken bouillon cube

Peel and dice potatoes. Cover with water in saucepan and boil until tender. Drain. In large saucepan combine Cheddar cheese soup, milk, butter and chicken bouillon cube. Stir constantly over low heat until lumps are dissolved. Add celery, green onions, black pepper (to taste), potatoes and bacon. Simmer for 20 minutes. If desired, sprinkle grated Cheddar cheese; add toasted croutons. Serves 4 hungry people.

Margaret Oden

CLAM CHOWDER

2 1/2 c. chopped potatoes
1 medium onion
3 Tbsp. Worcestershire sauce
1 Tbsp. celery salt
2 large cans evaporated milk
1/2 lb. lean bacon, chopped
2 cans minced clams
1 1/2 tsp. pepper

Cook potatoes in water to cover in saucepan until just tender. Fry bacon in skillet until just crisp. Add bacon to potatoes, reserving drippings. Saute onion in reserved drippings. Add onion and 1 teaspoon drippings to potatoes. Drain clams, reserving juice. Add clam juice and seasonings to potatoes. Stir in milk. Cook over low heat for several minutes. Do not boil. Add clams. Heat 5 to 6 minutes longer.

Cindy Dobbins

CREAM OF CAULIFLOWER SOUP

1 small head cauliflower
1 1/2 c. chicken stock
3 Tbsp. butter
1 1/2 Tbsp. flour
1 1/2 c. milk
1/2 c. cream
1 Tbsp. chopped chives
1 tsp. salt
1/4 tsp. white pepper
bread crumbs, browned in butter

Wash, clean and break cauliflower into flowerets. Bring chicken stock to boil. Add cauliflower and simmer 20 minutes. Do not overcook. Melt butter and add flour to make a roux. Do not brown. Cook 10 minutes over low heat. Remove cauliflower from stock. Add cooked roux to stock, gradually, stirring until thickened and smooth. Heat milk and cream together. Chop cauliflower and add milk, chives, salt and pepper. Stir, heat and serve. Garnish with bread crumbs. Serves 4.

Pat Johannsen

BROCCOLI SOUP

1 c. water
10 oz. pkg. broccoli
2 c. skim milk
1/2 c. flour
2 c. American cheese
2 cubes chicken bouillon
1 c. condensed milk

In a large pan, cook broccoli with water until broccoli is tender. Don't drain. Combine milk and flour. Add bouillon and shredded cheese. Add mixture to broccoli; then add the canned milk. Cook, stirring often over medium heat. Heat until thickened. Season with salt and pepper. Makes six 1-cup servings.

Doris Hendrickson

CHOPS BAKED IN SOUP

6 pork chops
1 tsp. salt
1/4 tsp. pepper
2 Tbsp. oleo
1/3 c. finely chopped onions
4 c. thinly sliced potatoes
1 can condensed cream of mushroom soup
1 1/4 c. milk

Rub chops with salt and pepper. Melt margarine in skillet. Add onions and chops; brown lightly on both sides. Place sliced potatoes in buttered 2-quart baking dish. Arrange chops over potatoes. Add soup and milk to onions in skillet; blend until smooth. Pour over chops and cover. Bake in 350° oven 30 minutes, or until potatoes are done.

Mickey Partington

GAZPACHO SOUP

3 large tomatoes, peeled and chopped
1 green pepper, chopped
1 cucumber, peeled and chopped
1 c. chopped celery
1/2 c. chopped green onion
4 c. tomato juice
2 avocados, chopped (optional)
5 Tbsp. red wine vinegar
1 Tbsp. olive oil
2 tsp. salt
1/2 tsp. pepper

Be sure all vegetables are very finely chopped. Combine all ingredients in a large nonmetallic bowl and chill overnight. Serve soup cold, with dollop of sour cream on top of each serving. This makes 8 servings.

Doris Hendrickson

CROCK-POT STEAK SOUP

3 c. water
3 stalks celery
1 (No. 1) can tomatoes
1 small onion, chopped
1 carrot, sliced
1 (10 oz.) pkg. frozen mixed vegetables
1 tsp. pepper
1 lb. ground beef, browned and drained
2 to 4 tsp. beef bouillon cubes
1/2 c. oleo
1/2 c. flour

Put all ingredients except oleo and flour in crock-pot. Cover and cook on low 8 to 10 hours. One hour before serving, turn on high. Make a paste of oleo and flour. Stir until smooth. Pour into soup and it will thicken. Continue cooking on high.

Kendra Biggs

GOLDEN CREAM SOUP

3 c. cubed potatoes
1 c. water
1/2 c. celery, chopped
1/4 c. chopped onion
1/2 c. carrots, sliced
1 tsp. parsley flakes
1/2 tsp. salt
dash of pepper
1 chicken bouillon cube
1 1/2 c. milk
2 Tbsp. flour
1/2 lb. Velveeta cheese

Combine and simmer potatoes, water, celery, onion, carrots, parsley, salt, pepper and bouillon cube for 15 to 20 minutes. Combine flour and milk. Add to vegetable mixture and stir until thick. Cut up cheese and add; stir until melted.

Janet Koch

LAYER SALAD

1/2 bowl lettuce
chopped onion
chopped celery
chopped carrots
chopped green pepper
cooked frozen peas
2 c. mayonnaise
sugar
grated cheese
bacon bits

Arrange in layers, lettuce, onion, celery, carrots, pepper and peas. Then spread mayonnaise and sprinkle with sugar. Add grated cheese and bacon bits.

Loreta Dressel

FIX AND MIX SALAD

1 c. sugar
2 Tbsp. flour
1/2 tsp. salt
1 3/4 c. pineapple juice
3 beaten egg yolks
1/2 (16 oz.) box acini di pepe noodles
1 can crushed pineapple
2 cans Mandarin oranges
3 3/4 c. or 1 small pkg. miniature marshmallows
1 container Cool Whip

Combine sugar, flour, salt, pineapple juice and egg yolks; cook over medium heat, stirring until thick (or microwave). Cool completely; let set overnight.

Then boil noodles for 10 to 15 minutes. Rinse, drain and cool. Add to cooled mixture. Add pineapple, oranges, marshmallows and Cool Whip. Let set overnight, again.

Loreta Dressel

GERMAN POTATO SALAD

4 medium potatoes, peeled and diced	dash of pepper
1 sliced onion	3 1/2 c. water
1 tsp. salt	1 Tbsp. butter
	1 Tbsp. flour

Combine potatoes, onion, salt, pepper and 3 1/2 cups water in a saucepan. Cook until potatoes are tender. Heat butter and flour in a second saucepan. Allow butter and flour to brown, stirring constantly. Add 3 cups liquid drained from potatoes. Cook and stir until smooth. Add potatoes and onions; heat thoroughly.

Julie Tommer

BROCCOLI SALAD

1 large bunch broccoli	1/2 c. raisins
10 to 12 slices bacon, fried crisp and crumbled	chopped onion

Dressing:

1 c. Hellmann's mayonnaise	1/2 c. sugar

Combine dressing ingredients; use with salad ingredients.

Margaret Lipp

HOT CHICKEN SALAD

2 c. chicken, diced	1 Tbsp. lemon juice
1 c. cream of chicken soup	2 Tbsp. onion
1 c. celery, diced	3 hard-cooked eggs
3 Tbsp. pimiento	1/2 c. almonds, slivered
3/4 c. salad dressing	

Mix and put in a greased casserole; top with crushed potato chips. Save some of the almonds and pimiento for the top. Bake at 400° for 15 or 20 minutes.

Margaret Lipp

CABBAGE SLAW

1 medium head cabbage
1 small onion
1 green pepper, diced (and some red pepper, if you have)
sliced olives
1/2 c. sugar
pimento
1 c. white vinegar
1 tsp. salt
1 tsp. celery seed
1 tsp. oregano
1 tsp. prepared mustard
1/8 tsp. black pepper
1/2 c. salad oil

Shred cabbage; grate onion. Add diced green and red pepper and sliced olives. Place in a large bowl and sprinkle sugar over mixture. Some pimento also adds color. Mix vinegar, salt, celery seed, oregano, mustard, pepper and salad oil. Boil 3 minutes and pour over cabbage mixture; let stand in refrigerator overnight. Will keep as long as there is any left.

Virginia Monroe

CUCUMBER SALAD

4 cucumbers
1 sweet onion, sliced
1 c. sugar
1 c. water
1/2 c. vinegar
1/2 c. oil
celery seed

Score cucumbers lengthwise with fork; slice cucumbers thinly. Put in salted ice water. Add sliced onion. Let stand 1 to 2 hours. Cook sugar and water over low heat until sugar is dissolved. Cool. Add vinegar and oil to cooled syrup; mix well. Drain and rinse cucumbers and onion slices. Pour vinegar and oil mixture to cover. Sprinkle with celery seed. Refrigerate overnight. Yields 8 to 10 servings.

Virginia Monroe

COPPER PENNY SALAD

- 2 lb. peeled and sliced cooked carrots
- 1 medium green pepper, chopped
- 1 onion, chopped
- 1 c. celery, cut up

Dressing:

- 1 can tomato soup
- 1 c. sugar
- 1/2 c. salad oil
- 3/4 c. vinegar
- 1 tsp. prepared mustard
- 1 tsp. Worcestershire sauce

Combine and mix vegetables.

Combine all dressing ingredients; pour over vegetables. Marinate in refrigerator several hours. Keeps for days and days.

Virginia Monroe

ISABELLA'S CREAMY APRICOT SALAD

- 1 (15 1/4 oz.) can crushed pineapple
- 1 (6 oz.) pkg. apricot-flavored gelatin
- 2 c. boiling water
- 1 1/2 c. miniature marshmallows
- 2 (7 3/4 oz.) jars apricot baby food
- 1 (3 oz.) pkg. cream cheese, softened
- 1 (4 oz.) container frozen whipped topping, thawed
- 2 c. sliced bananas
- 1/2 c. chopped pecans

Drain pineapple, reserving 1/2 cup juice; set aside. Dissolve gelatin in boiling water. Add marshmallows, stirring until slightly melted. Stir in pineapple and apricot baby food. Chill until the consistency of unbeaten egg whites. Combine cream cheese and reserved pineapple juice, blending well. Stir in whipped topping. Fold in gelatin mixture. Arrange banana slices in bottom of a lightly greased 9 x 13-inch dish. Spoon gelatin mixture over bananas. Sprinkle with chopped pecans. Chill until firm. Makes 12 servings.

Virginia Monroe

CHICKEN AND LETTUCE SALAD

- 1 head lettuce
- 1 c. chopped chicken
- 4 boiled eggs
- 1 onion, chopped
- 1 lemon, chopped

Dressing:

1 tsp. salt
1 tsp. pepper
2 Tbsp. vinegar
1/2 c. oil

Combine dressing ingredients; pour over salad.

Virginia Monroe

KAY'S CURRIED SPINACH SALAD

1 or 2 lb. fresh spinach
1 Red Delicious apple, unpeeled and thinly sliced
2/3 c. dry roasted peanuts
1/2 c. raisins
1/2 c. sliced green onions
2 Tbsp. sesame seed

Dressing:

1/2 c. white vinegar
2/3 c. salad oil
1 tsp. dry mustard
1 tsp. curry
1 tsp. salt

Prepare dressing and let stand at room temperature at least 2 hours. Blend in jar to mix well. Pour over salad.

Delpha Engelland

RAW CRANBERRY SALAD

1 lb. cranberries
2 c. sugar
1 c. red grapes
1 c. pecans
2 c. cream, whipped or 1 large carton Cool Whip

Grind cranberries; pour in sugar. Let stand overnight. Drain off excess juice. Add grapes and pecans. Mix whipped cream or Cool Whip with cranberry mixture. This makes a pretty Christmas salad.

Delpha Engelland

BING CHERRY SALAD

1/2 c. boiling cherry juice
1 1/2 c. crushed ice
1 small pkg. jello
1 (16 oz.) can pitted Bing cherries
1 (8 3/4 oz.) can crushed pineapple, drained

Topping:

10 marshmallows
2 Tbsp. milk
1 c. whipped topping mix
1 small can drained crushed pineapple

Put boiling cherry juice in blender jar and add jello. Cover and blend on low speed until jello is dissolved. Add crushed ice and blend. Stir in cherries and pineapple. Pour into bowl and chill. When set, cover with topping.

Topping: Melt marshmallows and milk; let cool. Then fold into the mixture of whipped topping and crushed pineapple. Spread on jello and sprinkle with nuts. Chill.

Linda Phelps

THREE FRUIT SALAD

1 large can sliced peaches, drained
1 large can pears, drained and quartered
1 large can chunk pineapple, drained
1 (16 oz.) pkg. frozen strawberries, undrained
1 small pkg. vanilla instant pudding
3 bananas, sliced

Combine peaches, pears and pineapple. Empty thawed strawberries on top of fruit. Do not stir. Sprinkle powdered pudding on fruit. Do not stir. Cover container. Refrigerate overnight. Next morning, stir fruit. Add sliced bananas before serving.

Janiece Rowland

STRAWBERRY-NUT SALAD

2 pkg. strawberry jello
1 c. boiling water
2 oz. pkg. frozen sliced strawberries
1 lb. can crushed pineapple, drained
3 medium bananas, sliced
1 c. chopped nuts
1 pt. sour cream

Dissolve jello in boiling water and add strawberries, pineapple, bananas and chopped nuts. Pour half of mixture in pan and set; then spread sour cream over the jello. Pour remaining mixture over the sour cream. Set overnight.

Betty Ann Wilson

STRIPED CHRISTMAS SALAD

1 small box red jello (cherry, raspberry, etc.)
3/4 c. red hots
1 1/2 c. hot water
1 c. applesauce

First Layer: Dissolve red hots in water. Add jello and stir until dissolved. Add applesauce. Pour into oblong pan and chill until firm.

1 small box lemon jello
1 1/2 c. hot water
1/2 c. Miracle Whip
1 (8 oz.) box cream cheese, softened (2 c. cottage cheese may be substituted, if desired)

Second Layer: Dissolve jello in hot water. Add cheese and salad dressing. Mix well; let cool to lukewarm and pour on top of red layer. Chill until firm.

1 small box lime jello
1 3/4 c. hot water
1 c. applesauce

Third Layer: Dissolve jello in water. Add applesauce. Mix and let cool to lukewarm; pour on second layer. Chill overnight.

LaVon Sparks

VEGETABLES SALAD

1 can Shoe Peg corn
1 can French-style green beans
1 can LeSueur peas
1 can yellow wax beans
1 can mushrooms
2 to 3 diced celery sticks
2 to 3 chopped carrots
1/2 Tbsp. minced onion

Sauce:

1/2 c. Italian Wish-Bone dressing
3/4 c. sugar
1/3 c. oil
2/3 c. vinegar
1 tsp. salt
1/2 tsp. pepper

Toss and let stand overnight.

Beth Bolton

GERMAN POTATO SALAD

4 slices bacon
3/4 c. chopped onion
1 can condensed cream of celery or chicken soup
1/4 c. water
2 to 3 Tbsp. vinegar
1/2 tsp. sugar
1/8 tsp. pepper
1/4 c. chopped parsley
4 c. sliced cooked potatoes

Cook bacon until crisp. Remove from skillet, drain and crumble. Cook onion in bacon drippings until tender. Blend in soup, water, vinegar, sugar and pepper. Heat; stir now and then. Add parsley and bacon. Simmer 5 minutes. Serve hot.

Beth Bolton

FRESH VEGETABLE SALAD

2 lb. fresh broccoli
3 tomatoes, throw seeds and juice away and slice outer edge
1 large can button mushrooms or 3 small cans
1 can black olives
1 onion, push out in circles
1 bunch celery

Let set overnight in 1 bottle of plain Seven Seas Italian dressing. Do not use Viva Italian or new improved Italian.

Beth Bolton

MACARONI SALAD CARBOVANA

6 oz. macaroni twists, cooked
1 (3 oz.) can sliced mushrooms
1 c. frozen green peas
1 c. ham, cut into strips
2 tomatoes, chopped
1 1/4 c. prepared Hidden Valley Ranch salad dressing
1/2 c. diced green pepper
spinach leaves

Bring mushrooms with broth to a boil in 10-inch skillet; then add peas. Cover and cook 3 minutes. Uncover and add ham. Heat and stir until broth is absorbed and peas are tender-crisp. Toss cooked macaroni, green pepper and tomatoes with salad dressing. Stir in mushrooms, peas and ham mixture. Chill. Turn into salad bowl or platter lined with spinach leaves.

Beth Bolton

CRANBERRY-MALLO SALAD

2 c. (1/2 lb.) raw cranberries	1/4 c. chopped unpared apples
4 c. (1/2 lb.) miniature marshmallows	1/2 c. chopped nuts
1/2 c. sugar	1 c. whipping cream, whipped
	pineapple slices (optional)

Grind cranberries. Stir in marshmallows and sugar. Chill overnight, so marshmallows will absorb the juice. Add pineapple and nuts; fold in whipped cream. Chill thoroughly.

Serving: Fill sherbet glasses or heap on pineapple slices and serve on lettuce. Serves 10.

Rose Small

CRANBERRY SALAD

1 can cranberry sauce	2 pkg. or 1/2 box saltine crackers
1 container whipped topping	

Run the crackers through the blender or crumble them up fine by hand. Slice the cranberry sauce in thin slices. Then, starting with the whipped cream, layer all 3 alternately, ending with whipped cream. (You can save out a couple slices of cranberry slices to garnish the top.)

Peggy C. Shaffer

COLESLAW

1 1/2 lb. shredded green cabbage	2/3 c. sugar
1 tsp. salt	1/3 c. vinegar
	1 c. whipping cream

Place shredded cabbage in covered dish and refrigerate for several hours. Mix ingredients in order 30 minutes before serving: salt, sugar, vinegar and whipping cream. Chill and serve.

Marlene Gloss

PEA SALAD

1 can peas, well drained	1/2 tsp. salt
4 hard-cooked eggs	1/4 tsp. pepper
1/2 c. chopped celery	1/4 tsp. garlic salt

1 Tbsp. chopped onion
1 c. diced cheese
1 c. salad dressing

Combine ingredients. Chill.

Marlene Gloss

FAVORITE MARINATED SALAD

2 cans French-cut green beans
1 can peas
1 c. chopped celery
1 green pepper, diced
1 jar pimentos, diced
1 medium onion, sliced or diced

Marinade:

1 c. vinegar (regular)
1 1/2 c. sugar
1/4 c. oil
1 tsp. paprika
1 1/2 tsp. salt

Cover green beans, peas, celery, green pepper, pimentos and onion with marinade; let stand several hours or overnight. Keep well refrigerated.

Rosalie LeClerc

APRICOT SALAD

2 (3 oz.) pkg. apricot jello
2/3 c. water
1 (20 oz.) can crushed pineapple, chilled
1 (8 oz.) pkg. cream cheese (room temperature)
1 can Eagle Brand milk, chilled
2/3 c. sugar
2 (4 3/8 oz.) jars apricot baby food, chilled
1 c. nuts

Combine jello, sugar and water in small pan; bring to boil. Stir to dissolve sugar and gelatin. Remove from heat and stir in fruits. Set aside to cool. Combine Eagle Brand milk and cream cheese; beat until smooth. Stir into gelatin mixture and add nuts.

Lori Viramontez

MINT SALAD

2 slim (13 oz.) cans crushed pineapple
8 oz. mini marshmallows
1 (3 oz.) pkg. lime jello
1 (7 to 8 oz.) pkg. butter mints
1 small carton Cool Whip

Put pineapple and marshmallows in a bowl; sprinkle lime jello (dry) over and stir lightly. Refrigerate overnight. Next day: Crush mints in blender and combine with Cool Whip. Then fold into pineapple mixture and freeze in 9 x 13-inch pan. Serve frozen.

Lori Viramontez

STRAWBERRY NUT SALAD

2 (10 oz.) pkg. frozen strawberries
1 (No. 2) can crushed pineapple
2 (3 oz.) pkg. strawberry Jell-O
1 c. boiling water
2 bananas, chopped
1 c. pecans or walnuts, chopped
1 pt. sour cream

Thaw strawberries and drain. Save juice. Drain pineapple; save juice. Dissolve Jell-O in boiling water; add pineapple and strawberry juices to Jell-O mixture. Fold in strawberries, pineapple, bananas and then nuts. Pour half mixture into large casserole dish. Chill until firm. Keep remaining at room temperature. Spread sour cream over top of chilled mixture. Then pour remaining fruit mixture over top of sour cream. Chill until firm.

Margaret Oden

FRUIT SALAD

1 large box Jell-O (strawberry or raspberry)
1 large box frozen strawberries, thawed
3 bananas, mashed
1 (medium size) can crushed pineapple
1 large carton sour cream

Mix Jell-O with 2 cups water. Dissolve. Add bananas, pineapple and strawberries. Pour 1/2 of Jell-O mixture into serving dish. When Jell-O is set, cover with sour cream; top with remaining Jell-O mixture. Makes 9 x 12-inch salad.

Connie Sewell

BLUEBERRY SALAD

1 box lemon jello
1 1/4 c. boiling water
juice of 1/2 lemon
3 oz. cream cheese
cream or milk
1 can blueberries

1/4 c. sugar	1 box raspberry jello
pinch of salt	1/2 c. sugar
1 small can crushed pineapple	salt
1/2 c. pecans	juice of 1/2 lemon

Dissolve lemon jello in 1 1/4 cups boiling water. Add juice of 1/2 lemon, 1/4 cup sugar, pinch of salt, pineapple and pecans. Put in 9 x 13-inch pan or dish. Let set. When firm spread cream cheese, softened with cream or milk. Set until firm. Drain blueberries. Add water to juice to make 1 1/2 cups. Bring to boil and dissolve raspberry jello. Add 1/2 cup sugar, salt and juice of 1/2 lemon. Add blueberries. Cool completely and pour over other layer.

Marcella Homan

STRAWBERRY SALAD

1 (3 oz.) pkg. vanilla pudding	2 bananas, sliced
1 (3 oz.) pkg. tapioca pudding	1 pt. frozen strawberries
1 (3 oz.) pkg. strawberry gelatin	2 c. whipped topping

Combine pudding mixes and gelatin in 2-quart casserole. Add 2 cups water and mix well. Microwave 5 to 6 minutes or until mixture thickens and boils. Stir once while cooking. Cool. Add strawberries, bananas and whipped topping. Serve or refrigerate.

Linda Williams

ARTIC SALAD

2 (3 oz.) pkg. cream cheese	1 c. Dream Whip, whipped or Cool Whip
2 Tbsp. sugar	1/2 c. chopped nuts
1 can whole cranberry sauce	2 Tbsp. salad dressing or Miracle Whip
1 (9 oz.) can pineapple tidbits or crushed pineapple	

Cream cheese, salad dressing and sugar. Add cranberry sauce and pineapple. Fold in Dream Whip and nuts. Pour into cans and freeze; slice and serve.

Best if you save No. 2 vegetable or soup cans and freeze in them; then slice into rounds.

Anita Southworth

ACINI DE PEPE FRUIT SALAD

1 c. sugar
2 Tbsp. flour
1/2 tsp. salt
1 3/4 c. pineapple juice
3 beaten egg yolks
1/2 box acini de pepe
2 cans Mandarin oranges
1 (8 oz.) can crushed pineapple
1 (8 oz.) can pineapple tidbits
1 small pkg. marshmallows
1 large Cool Whip

Combine sugar, flour, juice and egg yolks; cook over medium heat, stirring constantly until thickened. Cool completely. Boil acini de pepe in salt water. Cool. Place in large bowl and add cooled, cooked mixture. Cover and let set overnight. Add remaining ingredients and chill. Serve in chilled dishes.

Anita Southworth

CAULIFLOWER SALAD

1 large cauliflower
1 c. radishes
1/2 cucumber
1/4 c. green onions

Wash all vegetables. Break cauliflower into pieces, slice radishes, peel and slice cucumber and chop onions. Toss together in bowl.

Dressing:

1 c. mayonnaise
1 c. sour cream
1 pkg. garlic cheese dressing (dry)

Mix all ingredients thoroughly. Pour over cauliflower salad and toss until all ingredients are coated. Chill.

Margaret Oden

COLE SLAW

3 c. cabbage
1/4 c. mayonnaise
1/4 tsp. salt
2 tsp. sugar
3 Tbsp. sweet cream
1/2 c. diced green pepper

Shred cabbage and measure, well packed in measuring cup. Combine mayonnaise with salt, sugar and cream. Add to cabbage and toss until well coated with dressing. Add diced pepper and toss lightly. Serve well chilled. Serves 6.

Margaret Oden

CHEESE AND PEA SALAD

2 c. cooked peas
2 hard-boiled eggs, chopped
3 or 4 sweet pickles, chopped
1/4 c. Cheddar cheese, diced
6 radishes, sliced
1/2 c. diced celery
3/4 c. boiled salad dressing
1/2 tsp. salt
lettuce leaves

Combine peas, eggs, sweet pickles, cheese, radishes and celery; add salad dressing and salt. Mix lightly. Serve on lettuce leaves.

Pat Johannsen

APRICOT SALAD

1 (No. 2) can crushed pineapple
1 c. hot water
1 (8 oz.) pkg. cream cheese
1 c. pecans, chopped
1 large can evaporated milk, chilled and whipped*
1 large (6 oz.) pkg. apricot jello
1/4 c. sugar
1 c. diced celery

Heat pineapple and sugar to boiling point. Add jello. Cool to syrupy stage. Add cream cheese and beat with mixer. Add celery and pecans; fold in whipped milk. Pour into dish and refrigerate.

*You may substitute 1 package instant topping mix, prepared.

Pat Johannsen

STEWED TOMATO SALAD

1 small box lemon jello, dissolved in 1 c. boiling water
1 can stewed tomatoes
1/2 c. chopped celery
1/2 green onion, chopped
1/4 c. chopped green pepper
sliced ripe and green olives

Add tomatoes, celery, onion, green pepper and olives to lemon jello. Refrigerate until set.

Marcella Homan

ORANGE SHERBET SALAD

2 (3 oz.) boxes orange Jell-O
1 c. boiling water
1 pt. orange sherbet
1 c. whipped cream
1 c. Mandarin oranges
1 c. crushed pineapple
nuts

Mix Jell-O and hot water until dissolved. Add sherbet at once and mix well. Add whipped cream. Blend and add oranges, drained pineapple and nuts. May be topped with coconut.

Marcella Homan

AMBROSIA

1 c. miniature marshmallows
1 c. Mandarin oranges
1 c. pineapple chunks, drained
1 c. sour cream
1 c. coconut
1 c. nuts

Mix ingredients in order: marshmallows, oranges, pineapple, sour cream, coconut and nuts.

Treva Kintigh

CORN SALAD

2 cans whole kernel corn
1/2 c. onion, diced
1/2 green pepper, diced
1 tomato, diced
1 cucumber, diced
5 stalks celery, diced
1/2 c. mayonnaise

Mix ingredients; chill and serve.

Treva Kintigh

JIFFY SALAD

1 (16 oz.) carton small curd cottage cheese
1 (14 oz.) container Cool Whip
1 small box jello (any flavor)
1 can pineapple tidbits, drained

Mix all ingredients together and chill. Chopped nuts are also good in this salad.

Treva Kintigh

TAPIOCA SALAD

2 boxes tapioca instant pudding
1 box orange jello
2 c. water
1/2 container Cool Whip

Bring pudding, jello and water to a boil; cook until thick. Cool; then add Cool Whip.

Treva Kintigh

UNDER THE SEA SALAD

1 pkg. orange jello
2 c. boiling water
1/2 lb. marshmallows
1 pkg. cream cheese
1 c. whipped cream
1/2 c. salad dressing
1 c. crushed pineapple (optional)
1 pkg. lime jello, dissolved in 2 c. hot water

Dissolve orange jello in 2 cups boiling water. Add marshmallows and cream cheese, let dissolve. Cool in long dish. Mix whipped cream, salad dressing and pineapple; pour on top of first mixture and let set. Then add lime jello. Pour on second layer and set.

For Christmas, may use red and green jello, instead.

Betty Fry

APRICOT SALAD

2 boxes orange jello
1/2 c. pineapple juice
1 can crushed pineapple
1 (No. 202) can apricots, mashed
1 c. marshmallows
2 c. hot water
1/2 c. apricot juice

Dissolve jello and marshmallows in hot water. Add fruit juices and fruit. Pour into shallow pan and cool. Add topping.

Topping:

2 Tbsp. flour
1/2 c. sugar
1/2 c. pineapple juice
1/3 c. apricot juice
1 egg, beaten
2 Tbsp. butter
1 c. whipped cream or Cool Whip

Topping: Mix all ingredients except cream and cook until thick. Cool; add cream. Spread over jello mixture and sprinkle grated cheese on top.

Betty Fry

CHICKEN SALAD

2 c. chicken, cut in pieces
1 c. celery, diced
1 Tbsp. lemon juice
1/2 c. mayonnaise
salt and pepper
1 c. green grapes
1/2 c. nuts

Serve on lettuce or dream puff shells.

Helen Bahre

VELVET SALAD

1 pkg. lemon jello
2 c. hot water
1 c. salad dressing
1 c. whipped cream
1 lb. marshmallows
1 small can crushed pineapple
1 pkg. Philadelphia cream cheese (large)
1 pkg. black raspberry jello
2 c. hot water

Dissolve lemon jello in 2 cups hot water. Add marshmallows; let them melt. Mix cheese and salad dressing together; mix to the marshmallow mixture and let cool. Then add the whipped cream and crushed pineapple. Put into shallow pan; let set until firm. Then pour raspberry jello (that has been dissolved in 2 cups hot water) over top and let set. Makes a large salad and keeps well.

Phyllis Brian

LIME SURPRISE SALAD

1 pkg. lime jello
1 pkg. lemon jello
2 c. boiling water
2 c. cold water
1 can lemon Wilderness pie filling
4 oz. Cool Whip

Mix together lime jello, lemon jello, boiling water and cold water; reserve 1/2 cup of mixture until later. Add pie filling (use wire whip or mixer). Pour into 9 x 13-inch pan. Let set in refrigerator. Mix Cool Whip and 1/2 cup jello mixture. Spread on top and chill.

Kendra Biggs

CASHEW SALAD

1 bunch celery, chopped
1 green pepper, chopped
1 small onion, chopped
1 small box frozen green peas
1/2 to 1 lb. bacon, fried and crumbled
1 to 1 1/2 lb. cashews

Dressing:

1 1/2 c. mayonnaise
1 1/2 Tbsp. lemon juice
salt and pepper to taste

Layer celery, pepper, onion, peas, bacon and cashews. Spread dressing on top of salad, cover and refrigerate. Toss when ready to serve.

Janet Koch

PARMESAN SALAD

1 head lettuce
1 small onion, cut in rings
1/2 to 1 lb. bacon, fried and crumbled
1 head cauliflower, cut in flowerets
salt and pepper
2 Tbsp. sugar
1 c. Parmesan cheese

Dressing:

1 1/2 c. mayonnaise
1 1/2 Tbsp. lemon juice

Layer lettuce, onion, bacon, cauliflower, salt, pepper, sugar and cheese. Top with dressing. Cover with plastic wrap; refrigerate. Toss before serving.

Janet Koch

PEA AND BEAN SALAD

1 (No. 2) can French-style green beans
1 (No. 2) can small peas (LeSueur)
1 (No. 2) can Shoe Peg corn
1 can pimiento (small)
1/2 green pepper
4 stalks celery
1 medium onion

Dressing:

1 1/2 c. sugar
1 c. white vinegar
1/2 c. vegetable oil
1 tsp. salt
1/4 tsp. pepper

Drain green beans, peas, corn and pimiento. Dice green pepper, celery and onion fine. Pour dressing over vegetables and let stand 12 hours.

Dorothea Fountain

FROZEN PEA SALAD

1/2 c. grated medium sharp Cheddar cheese
10 oz. sack frozen peas
3 hard-boiled eggs, grated
1/2 c. chopped celery
3 chopped green onions
1/2 tsp. Salad Supreme
3/4 c. real mayonnaise

Let stand 24 hours.

Dorothea Fountain

RED HOT APPLE JELLO

1/2 c. red hots
1 c. boiling water
1 Tbsp. sugar
1 small pkg. cherry or other red Jell-O
1 can applesauce

Melt red hots in boiling water. Add sugar and Jell-O. Cool and add applesauce. Chill.

Pam Powell

SALAD DRESSING

1/2 c. oil
1/2 c. (scant) sugar
1/2 c. finely chopped onion
1 tsp. salt
1/2 c. vinegar
1/3 c. catsup
1/2 tsp. celery seed
1/2 tsp. oregano

Keep indefinitely in refrigerator. Use as you would French dressing.

Virginia Monroe

SAUCE FOR GRILLED CHICKEN

1/2 c. Mazola oil
3/4 c. lemon juice or vinegar
1/4 c. water
1 1/2 Tbsp. salt
3 Tbsp. sugar
1 1/2 tsp. Tabasco sauce
1 tsp. Worcestershire sauce or mustard

Bring to a boil and spread on chicken as it is grilled. Turn and brush chicken every 15 minutes until it is done. We usually grill chicken halves and it takes a good hour to hour and a half.

Pat Snyder

COOKED SALAD DRESSING

2/3 c. sugar	3 whole eggs or just yolks
1 tsp. salt	2/3 c. vinegar
1 tsp. dry mustard	margarine (size of walnut)

Mix all dry ingredients. Add beaten eggs. Mix well. Add enough water to vinegar to make 1 cup. Add to other ingredients. Cook in heavy pan (or microwave) until it becomes thick. Remove and add margarine. If too thick, add milk. If using heavy pan, stir all the time. Keeps in refrigerator a long time.

Virginia Monroe

BLENDER MAYONNAISE

(Sugarless)

1 egg	1/8 tsp. pepper
1 c. salad oil	1/8 tsp. turmeric powder (for color)
2 Tbsp. wine vinegar	
1/2 tsp. dry mustard	

Add for variations one of these:

1 tsp. dill weed	1/3 c. snipped fresh mint
1 tsp. coriander	3/4 tsp. celery or poppy seed
2 tsp. drained caper watercress	

Combine egg, 1/2 cup oil, vinegar and 7 spices in blender container. Blend 5 seconds, adding remaining oil by drops until mixture thickens, then in a slow steady stream. Store in refrigerator. Keeps 2 or 3 weeks. Use any place you would bottled mayonnaise. Contains 40 calories per teaspoonful.

Virginia Monroe

FRENCH DRESSING

1 can tomato soup	1/2 c. oil
1/2 c. sugar	1/4 tsp. mustard
1/3 c. vinegar	salt and pepper

Mix well; do not cook. Put small piece onion or garlic in a jar and pour in dressing. Let stand overnight. Keeps indefinitely in refrigerator.

Virginia Monroe

CASSEROLE SAUCE MIX

2 c. non-fat dry milk	2 Tbsp. dried minced onion
3/4 c. cornstarch	1 tsp. dried basil, crushed
1/4 c. chicken bouillon (use instant)	1 tsp. dried thyme, crushed
	1/2 tsp. pepper

Yields 3 cups mix (equivalent to 9 cans soup). Combine all ingredients, mixing well. Store in airtight container. Keeps for 6 months.

To use mix: Combine 1/3 cup mix with 1 1/4 cups water in saucepan. Cook and stir until thickened. Use instead of canned soup in any casserole, a white sauce base or cheese sauce base for vegetables, a mixture for creamed chicken or chopped hard-boiled eggs over toast.

Virginia Monroe

CHEESE WHIZ

1 lb. grated cheese	1/2 tsp. dry mustard
1 can Carnation milk	2 Tbsp. vinegar
1/2 tsp. salt	

Melt the grated cheese and Carnation milk. Then add salt and dry mustard. Stir in vinegar last.

Marlene Gloss

HEAVENLY CHOCOLATE SAUCE

1 (14 1/2 oz.) can or 1 2/3 c. evaporated milk	3 sq. unsweetened chocolate
2 c. sugar	1 tsp. vanilla

In double boiler combine milk, sugar and chocolate.

Cook over simmering water about 15 minutes, stirring occasionally, until chocolate melts. Remove from heat and add vanilla. Beat with rotary beater until smooth. Makes about 2 3/4 cups.

Marlene Gloss

BAR-B-QUE SAUCE

1/4 c. orange juice
1/2 c. catsup
1 tsp. mustard
1 tsp. Worcestershire sauce
1 tsp. sugar
1/8 tsp. salt

Mix and simmer for 5 minutes.

Nedra Erskine

FREEZER TOMATO SAUCE

20 large tomatoes
2 large onions (2 c.)
2 large green peppers
1/2 c. parsley
3 Tbsp. sugar
2 Tbsp. salt
3/4 tsp. pepper

Wash, core and cut tomatoes into chunks. Place in large kettle with remaining ingredients. Bring to boil, lower heat and simmer until vegetables are tender and sauce is slightly thickened. Cool slightly. Measure 3 cups into blender and whirl until smooth. Pour into freezer containers in serving portions, leaving 1/2-inch headroom. Makes about 10 cups.

Joan Fisher

CREAMY GARLIC DRESSING

1/4 c. mild vinegar
1 tsp. Dijon-style mustard
1/2 c. sunflower oil
1 clove garlic
1 c. yogurt

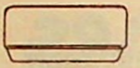
Combine vinegar and mustard. In blender on low speed, slowly add oil, garlic and yogurt. Store in a covered jar in refrigerator.

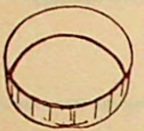
Cecile Appleby

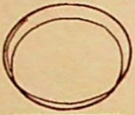
<<< Extra Recipes >>>

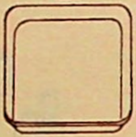
Main Dishes

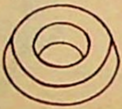
Common Kitchen Pans to Use as Casseroles

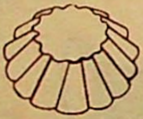
A


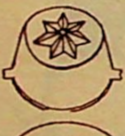
B


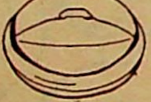
C


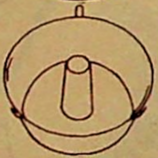
D


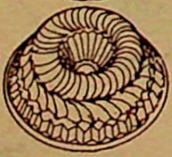
E


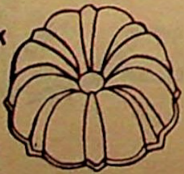
F


G


H


I


J


K


WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 11½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:	
7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups
Melon Mold:	
7 x 5½ x 4-inch mold - H	6 cups
Spring-Form Pans:	
8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups
Ring Molds:	
8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups
Charlotte Mold:	
6 x 4¼-inch mold -G	7½ cups
Brioche Pan:	
9½ x 3¼-inch pan -F	8 cups

Copyright © 1978 Fundcraft Publishing, Inc.

CHICKEN RICE CASSEROLE

1 1/4 c. Uncle Ben's converted rice
1 can mushroom soup
1 can cream of chicken soup
1 c. milk

Grease pan; put soups and rice in bottom of pan. Place 1 cup chicken on top. Sprinkle chicken with 1 package onion soup, paprika, salt and pepper. Bake at 325° for 2 hours; cover tightly with aluminum foil.

Dorothea Fountain

MEXICAN LENTILS

(Serves 8)

1 1/2 c. dried lentils
1/4 c. raisins
4 c. water
1/2 green pepper, chopped
4 cloves garlic, minced
1/2 tsp. dried red pepper flakes
1 Tbsp. chili powder
1/2 tsp. basil
2/3 c. tomato paste

Place lentils and raisins in large skillet with 3 cups water. Simmer about 10 minutes; add pepper, garlic, seasonings, tomato paste and remaining cup of water. Simmer 30 to 45 minutes, until lentils are tender, adding water if mixture becomes too thick. Makes 5 cups. Can be served over brown rice, whole wheat noodles or corn tortillas.

Cecile Appleby

MEXICAN STYLE CASSEROLE

1 1/2 lb. hamburger
1 c. Monterey Jack cheese
1 chopped onion
3 c. broken tortilla chips
1 (10 oz.) can enchilada sauce
1 1/2 c. sour cream
black olives
jalapeno peppers (optional)

Crumble ground beef in 8-inch glass casserole dish; add onion. Cover and microwave 3 minutes; stir to break in pieces. Cover and microwave 3 to 4 minutes or until meat is browned; drain fat. In 1 1/2-quart baking dish layer 1 cup tortilla chips, 1/2 of ground beef, 1/2 enchilada sauce and 1/2 of cheese. Repeat layers. Cover and microwave on medium-high 10 to 12 minutes or until bubbly and heated through. Garnish with remaining chips, sour cream and olives.

Kendra Biggs

HOT TAMALE BAKE

1 1/2 lb. ground beef
1 can tomato soup
1 tsp. salt
1 Tbsp. chili powder
1 small onion
1 can corn, drained
1/2 tsp. pepper

Brown meat and onion. Add soup, corn and seasoning. Simmer 15 minutes. Serve with cornbread.

Janet Koch

OVEN BEEF STEW

1 1/2 lb. lean cubed beef
2 tsp. salt
1/4 tsp. pepper
2 celery stalks
2 small onions
4 carrots, sliced
3 potatoes, sliced
1 (10 1/2 oz.) can tomato soup
1/2 can water

Place meat in casserole dish; sprinkle with salt and pepper. Top with carrots, onions, celery and potatoes; add soup and water. Cover and bake at 350° for 3 hours. Can also use crock-pot.

Janet Koch

BAR-B-Q BEEF

1 onion, chopped
1 1/3 lb. ground beef
1 can corned beef
1 small bottle catsup
2 Tbsp. brown sugar
1 c. water
2 Tbsp. flour

Brown ground beef and onion; drain off grease. Mix in remaining ingredients; simmer 30 minutes. Serve on hamburger buns.

Cecile Appleby

POTATO BEEF QUICK MEAL

- 2 lb. ground beef
- 1 c. chopped onion
- 1/4 c. chopped green pepper
- 1 (5 to 6 oz.) dry au gratin or scalloped potatoes
- 1 tsp. salt
- 1 tsp. brown sugar
- 1 can stewed tomatoes, undrained
- 1 1/2 c. water
- 1/2 c. chili sauce
- 1/2 tsp. Worcestershire sauce
- 1/4 to 1/2 c. shredded Mozzarella cheese

In large ovenproof skillet brown ground beef, onion and green pepper. Drain fat and stir in potatoes, salt, brown sugar, tomatoes, water, chili sauce and Worcestershire sauce. Bring to a boil; cover and bake 35 to 45 minutes, until potatoes are tender. Sprinkle with Mozzarella cheese. Bake 5 minutes longer at 350°. Serves 8.

Cecile Appleby

CREOLE GUMBO

(6 To 8 Servings)

- 2 medium stalks celery, chopped
- 1 small onion, chopped
- 1/2 c. green pepper, chopped
- 2 Tbsp. cooking oil
- 1 clove garlic, minced
- 1 1/2 tsp. salt
- 1 Tbsp. Worcestershire sauce
- 1 c. stewed tomatoes
- 6 oz. can tomato paste
- 1 1/2 c. frozen okra (1/2-inch pieces)
- 1 c. shrimp
- 1 c. crab meat (about 6 oz.), flaked
- 1 Tbsp. parsley

In large saucepan cook celery, onion and green pepper in oil until tender. Stir in garlic salt, Worcestershire sauce, tomatoes and tomato paste. Cover and simmer 30 to 35 minutes. Add remaining ingredients and simmer 15 to 20 minutes or until okra is tender. Serve over rice.

Cecile Appleby

BEANIE BEEF HASH CASSEROLE

- 2 pkg. frozen French-style green beans
- 1 (10 1/2 oz.) can condensed cream of mushroom soup
- 1 (15 oz.) can corned beef hash
- 1 (3 1/2 oz.) can French fried onions
- 1 c. shredded Cheddar cheese

Cook beans and drain; combine with soup. Grease dish, spoon hash over beans and top with onions and cheese. Bake at 375° for 15 or 20 minutes.

Phyllis Brian

EASY FIX CASSEROLE

1 lb. ground beef
salt and pepper to taste
minced onion
1 Tbsp. Worcestershire sauce
1 can mushroom soup
Tater Tots

Crumble ground beef in bottom of a 6 x 10-inch casserole pan. Salt and pepper to taste; sprinkle minced onion over all. Add Worcestershire sauce, sprinkled over all. Pour soup over this. Place as many Tater Tots over the top as you desire. Place on middle shelf of oven and bake at 400° for an hour or until good and brown.

Mickey Partington

BEAN CASSEROLE

1/2 lb. bacon, fried and crumbled
1/4 c. bacon drippings
1/2 c. water
1/2 c. vinegar
1 c. brown sugar
1/2 c. catsup
1/2 c. chopped onion

Heat to boiling and pour over the bean mixture:

1 can lima beans, drained
1 can kidney or Mexican beans, drained
1 can butter beans, drained
2 cans pork and beans, do not drain

Bake 1 to 1 1/2 hours at 325° until juice has been absorbed into beans.

One pound seasoned, browned ground beef may be added for a meat casserole.

Betty Fry

BEEF AND TATER TOTS BAKE

1 lb. lean ground beef
1 Tbsp. minced onion
American cheese
1 can cream of mushroom soup
Tater Tots

Crumble ground beef into baking dish and add onion. Cover this with American cheese, grated or sliced. Spread the mushroom soup over this and then cover with Tater Tots. Bake at 350° for 1 to 1 1/2 hours. Baking time varies.

Treva Kintigh

BEEF AND BEAN ROUNDUP

1 lb. ground beef
1/4 c. molasses
1 can pork and beans
minced onion (to taste)
salt and pepper
1/4 c. ketchup
1 can Pillsbury biscuits

Brown ground beef, onion, salt and pepper together. Add molasses, ketchup and pork and beans. Simmer until hot. Put mixture into baking dish and put biscuits on top. Bake at 400° until biscuits are brown.

Treva Kintigh

KRAUT CASSEROLE

1 (No. 303) can kraut
1/2 c. uncooked rice
1 lb. hamburger
seasonings (salt, pepper, chili powder, garlic and onion powder; some like tomato sauce or ketchup)

Brown hamburger; add cooked rice and blend all ingredients. Bake at 350° for 1 hour.

Virginia Frederiksen

TUNA BISCUIT CASSEROLE

1 can refrigerator biscuits
1 (10 oz.) can Cheddar cheese soup
1 c. milk
1 can tuna
2 Tbsp. minced onion

Arrange biscuits in an ungreased, 9-inch square baking dish. Mix all other ingredients and pour on top of unbaked biscuits. Bake at 400° for 25 to 30 minutes. The biscuits will rise to the top and brown.

Treva Kintigh

CLASSIC CHEESE STRATA

8 slices day-old bread
8 oz. sharp process American
  cheese, sliced
4 eggs
2 1/2 c. milk
1/2 tsp. prepared mustard
1 Tbsp. chopped onion
1/2 tsp. salt
dash of pepper

Trim the crust from 5 slices of bread. Cut in half diagonally. Use trimmings and remaining 3 slices untrimmed bread to cover bottom of an 8 or 9-inch baking dish. Top with cheese. Add the 10 trimmed triangles in 2 rows atop the cheese (points should overlap bases of preceding triangles). Beat eggs; blend in milk, mustard, onion, salt and pepper. Pour over bread and cheese. Let stand at least 1 hour at room temperature. (This can be made the night before and refrigerated.) Bake at 325° for 1 hour, or until a knife inserted comes out clean. Let stand 5 minutes.

Chris Powers
Sharon Brown

HAMBURGER AND NOODLES

1 lb. hamburger
1 small pkg. noodles
1 can cream of mushroom soup*
1/4 lb. Velveeta cheese*

Put hamburger in boiling water and cook until done. Add noodles. Cook them until done. Add soup and cheese. Warm the soup and melt the cheese. Add parsley for color.

*Can substitute 1 can Cheddar cheese soup.

Delpha Engelland

RICE DRESSING

3 c. (14 oz.) Minute rice,
  cooked according to pkg.
  directions
2 c. milk
2 Tbsp. parsley
2 lb. Velveeta cheese, cut
  into chunks
2 chopped onions
2 beaten eggs
1/4 c. oil

Combine all ingredients. Bake in 2 greased 2-quart casserole dishes at 350° for 30 to 40 minutes. For one dish, cut recipe in half. Serves 14 to 16.

Rose Small

CLASSY QUICHE

1 unbaked 9-inch pie shell
1 c. diced Swiss cheese
1 (4 oz.) can mushroom pieces
1 pkg. frozen chopped broccoli, cooked and drained
1/2 tsp. salt
1/2 lb. crisp-fried bacon, crumbled
1/4 c. chopped onion
3 eggs
1 1/2 c. milk

Bake pie shell at 450° for 5 minutes. Sprinkle bacon over bottom of pie shell. Add cheese and vegetables. Beat eggs, milk and salt in bowl for 1 to 2 minutes. Pour into pie shell. Bake at 325° for 50 minutes or until center is set. Let stand for 10 minutes before cutting.

Cindy Dobbins

CHEESE AND TUNA CRESCENTS

1 (6 1/2 oz.) can tuna, drained
3/4 c. shredded American or Cheddar cheese
1 can cream of mushroom soup
1/2 c. milk
2 Tbsp. minced onion or 1/2 c. onion
1 can crescent rolls

Combine tuna, onion, 1/2 cup cheese (reserve 1/4 cup cheese) and 5 tablespoons soup mix thoroughly. Salt and pepper. Separate crescent rolls into triangles. Put 1 heaping tablespoon of tuna mixture on wide end of roll, sealing the dough when rolled up. Heat the rest of the soup, cheese and 1/2 cup milk until bubbly. Pour 1/2 the soup into a square 8 or 9-inch pan. Arrange crescents and bake at 375° for 30 minutes.

Cindy Dobbins

MEXICALE HOT DISH

(Microwave)

1 lb. hamburger
1 small onion, chopped
1/2 tsp. oregano
1/8 tsp. garlic

1 can cream of mushroom soup
1 (4 oz.) can green chilies
1 (16 oz.) can tomatoes
2 to 3 Tbsp. chili powder
8 oz. corn chips
2 c. shredded Monterey Jack or Longhorn cheese

Brown hamburger and onion on High. Drain. Blend in soup and chilies. Set aside. Combine tomatoes, chili powder, oregano and garlic in 4-cup measure. Microwave on High, uncovered, 2 to 3 minutes, until bubbly. Stir once.

In 12 x 8-inch baking dish, layer 1/3 of corn chips, 1/2 of each meat, sauce and cheese. Repeat. End with last of corn chips. Cover with paper towel. Microwave on High 10 to 12 minutes. Serves 6 to 8.

Joan Fisher

TUNA LOAF

1 can tuna
1 c. bread crumbs
1 egg
1/2 tsp. minced onion
pimento
milk to moisten
salt and pepper

Preheat oven to 350°. Grease pan. Flake tuna in bowl. Stir in crumbs, egg, onion, lemon juice, pepper, salt, milk and pimento. Bake for 45 minutes or until knife comes out clean.

Anita Southworth

LASAGNA

Sauce:

1 pkg. spaghetti sauce mix
1 lb. ground beef
1 (12 oz.) can tomato sauce
2 1/2 c. water

Brown beef and season as desired. Simmer beef, sauce mix and water for 20 minutes. Cook 1 package of lasagna noodles as directed on package.

Cheese Mixture:

1 lb. Ricotta cheese
salt and pepper to taste
2 eggs
1 tsp. parsley flakes

Beat eggs into cheese, 1 at a time; then add flakes, salt and pepper. Add 1 package sliced Mozzarella cheese and Parmesan cheese. Layer noodles in a 9 x 13 x 2-inch pan; then

Rosella V. Nelson

add a layer of sauce, cheese and Mozzarella cheese. Repeat. Sprinkle Parmesan cheese on top. Bake at 350° for 1 to 1 1/2 hours.

Cindy Dobbins

CROCK-POT STEAK CASSEROLE

1 1/2 to 2 lb. round steak, cut in strips and seasoned with salt and pepper
1 onion, sliced and separated into rings
8 potatoes, thickly sliced
1 can green beans, drained
1 can tomatoes
1 can celery soup
3 Tbsp. soy sauce

Place in crock-pot in order: steak, onion, potatoes, green beans, tomatoes, soup and soy sauce. Cook on high for approximately 5 hours.

Linda Williams

OYSTER CASSEROLE

1 can oysters, drained (save juice)
2 to 3 c. saltine crackers, grated
1/2 stick oleo or 1/4 c. margarine
1 pkg. frozen corn
1/2 c. milk

Layer on bottom of buttered casserole dish crackers, then oysters, then corn, continuing layers until you end with a layer of crackers on top. Then slice oleo on top of crackers or dot on, if using margarine. Pour on milk and juice from oysters over the top. Place in 350° oven for 30 to 40 minutes or until firm and slightly brown on top.

Peggy Shaffer

MICROWAVE LASAGNA

4 c. wide crinkly noodles, cooked
10 oz. Mozzarella cheese, grated
1 1/4 lb. hamburger, cooked and drained
1 pkg. spaghetti sauce
2 small cans tomato paste
4 cans water

Combine hamburger, spaghetti sauce, tomato paste and water to make sauce. Simmer a few minutes. Layer sauce with noodles and Mozzarella cheese, ending with the cheese. Bake

(60% power) for 15 minutes. Let stand 5 minutes. Yields 8 servings.

Linda Williams

TAMALE PIE

1/4 c. salad oil or olive oil
2 c. finely chopped onion
1 clove garlic
4 tsp. dried oregano leaves
1 1/2 lb. ground chuck
3/4 lb. ground pork sausage
1 (1 lb.) can stewed tomatoes
1 (12 oz.) can corn with peppers, drained
1 (8 oz.) can tomato sauce
1 1/2 Tbsp. chili powder
1 1/2 Tbsp. salt
1 c. pitted ripe olives, drained
1 3/4 c. yellow cornmeal
1 egg, well beaten
1 2/3 c. grated sharp cheese

In hot oil in large skillet or Dutch oven, saute onion and garlic until tender, about 5 minutes. Add the chuck and the sausage; saute, stirring until they are well browned. Remove from heat; pour off excess fat. Add tomatoes, corn, tomato sauce, chili powder, oregano, 1 tablespoon salt and the olives (except 6 reserved for garnish); mix well. Set aside. Preheat oven to 350°.

In medium saucepan, combine cornmeal and remaining salt with 2 1/3 cups water and the egg. Cook, stirring, over low heat, until thickened (spoon will leave a path when pulled through mixture). Stir in 1 cup cheese. Layer 1/3 cornmeal mixture over bottom of shallow 3-quart casserole. Cover with meat mixture. Spoon rest of cornmeal mixture around top edge of casserole, leaving a small opening in center. Sprinkle the remaining cheese over remaining cornmeal edge. Then place the reserved olives around inside edge of cornmeal. Bake 30 minutes or until golden brown on top. Makes 8 servings.

Peggy Shaffer

TACO PIE

1 lb. ground beef
1/2 medium onion, chopped
1 (8 oz.) can tomato sauce
1 pkg. taco seasoning mix
1 can crescent rolls
1 1/2 c. crushed Doritos
1 c. sour cream
1 c. shredded Cheddar cheese
shredded lettuce
fresh tomatoes, cubed
diced avocado

Fry beef and onion; drain well. Stir in tomato sauce and taco seasoning. Separate crescent rolls and place in ungreased 9 or 10-inch pan, forming crust. Sprinkle 1 cup crushed Doritos over bottom of crust. Spoon meat mixture over Doritos. Spread sour cream over meat mixture. Cover with cheese. Sprinkle remaining Doritos over top. Bake at 375° for 20 to 25 minutes or until crust is golden brown. Cut into pie-shaped wedges and put on serving plate. Serve with 3 bowls, 1 of shredded lettuce, 1 of cubed tomatoes and 1 of diced avocado. Each person adds these to top of pie slice.

Marcella Homan

CHICKEN CASSEROLE

- 2 c. diced, cooked chicken
- 1 (8 oz.) pkg. noodles
- 2 cans cream of chicken soup
- 1 c. sour cream
- 1 pkg. Stove Top dressing (chicken)
- 1/4 c. soft margarine
- 1/4 c. diced onion

Saute onion in soft margarine. Mix sauteed onion, cooked noodles, soup, chicken and sour cream; put in casserole. Mix chicken Stove Top dressing according to directions. Sprinkle on top of casserole. Bake at 350° for 45 minutes.

Note: I put this in 2 casseroles and freeze one.

Marcella Homan

CHICKEN POT PIE

- 2 c. cubed, cooked chicken
- 1 c. thinly sliced carrots
- 1 c. thinly sliced potatoes (1 medium size)
- 1 c. boiled whole onions, drained
- 1/2 c. peas
- 1 can condensed cream of mushroom soup
- 1/2 c. milk
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. poultry seasoning
- 1 pie crust recipe
- 1/2 c. corn flakes

In glass baking dish, stir together chicken, carrots, potatoes, onions and peas. In small mixing bowl, stir together soup, milk, salt, pepper and poultry seasoning. Pour evenly over chicken mixture. Set aside. Mix together pie crust and add corn flakes. Add a few drops more water, if necessary. On floured surface, roll out a crust to fit baking dish, 1/8 inch thick. Cover top of chicken mixture and make slits in crust for steam to escape. Bake at 350° for 1 hour or until crust is lightly browned and vegetables tender. Serves 6 to 8.

Margaret Oden

CHICKEN ENCHILADAS

1 cooked, cubed chicken
1 doz. tortillas (flour)
1/4 to 1/2 c. oil
2 pkg. Monterey Jack cheese
1 c. chopped onion
1/4 c. butter
1/4 c. flour
2 1/2 to 2 3/4 c. chicken broth
1 c. sour cream
2 (4 oz.) cans chopped green chilies

Cook tortillas, one at a time, in oil for about 5 seconds on each side. Drain; place onion, chicken and grated cheese on tortilla. Roll up. Place seam side down in 9 x 13-inch dish. Melt butter; blend in flour. Add broth and cook, stirring constantly, until thick and mixture bubbles. Turn off heat. Stir in sour cream and chilies. Pour over tortillas. Bake at 400° for 20 minutes or until lightly browned and thoroughly heated. May sprinkle top with extra cheese. Serve with hot sauce.

Connie Sewell

CHICKEN CASSEROLE

2 c. dressing cubes
2 c. diced chicken
onion
1/2 c. mayonnaise
1 1/2 c. milk
2 eggs
1 c. mushroom soup
1/2 c. grated cheese

Mix ingredients together and place in buttered casserole dish. Let set in refrigerator 2 to 3 hours. Bake in 300° oven until bubbling.

Lori Viramontez

ALPINE CASSEROLE

1 pkg. (12) small corn tortillas (soft)
1 (13 oz.) can evaporated milk
1 lb. grated cheese
1 (6 oz.) can green chilies
2 (16 oz.) cans taco sauce
1 can golden mushroom soup
1 lb. ground beef, sauteed with onions
1 (15 oz.) can beans
2 Tbsp. chile powder

Break 1/2 of tortillas into 2-quart greased casserole.

Mix and heat chilies, soup and milk. Make a layer of beans on tortillas, then soup mixture and then cheese. Repeat. Bake at 350° for 30 minutes.

Betty Ann Wilson

BEEF STROGANOFF

1 Tbsp. flour
1/2 tsp. salt
1 lb. beef sirloin, cut in
  1/4-inch strips
2 Tbsp. butter
1 c. thinly sliced mushrooms
1/2 c. chopped onion
2 Tbsp. butter
3 Tbsp. flour
1 Tbsp. tomato paste
1 1/4 c. beef stock or 1 can
  condensed beef stock
1 c. dairy sour cream
2 Tbsp. cooking sherry

Combine 1 tablespoon flour and salt. Dredge meat in mixture. Heat skillet; then add 2 tablespoons butter. When melted, add sirloin strips and brown quickly, flipping on all sides. Add the mushrooms and onion; cook 3 to 4 minutes or until onion is barely tender. Remove meat and mushrooms from the skillet. Add 2 tablespoons butter to pan drippings; when melted, blend in 3 tablespoons flour. Add tomato paste. Now slowly pour in the cold meat stock. Cook, stirring constantly until mixture thickens. Return browned meat and mushrooms to skillet. Stir in sour cream and sherry. Heat briefly. Serve over parsley, rice or noodles. Serves 4.

Beth Bolton

HAMBURGER CASHEW HOT DISH

5 oz. egg noodles
1 lb. ground beef
1 chopped onion
2 Tbsp. butter
1/2 tsp. salt
1/2 lb. diced Cheddar cheese
1 can cream of mushroom soup
1/2 can milk
2/3 c. chow mein noodles
1/2 c. cut up cashews
1 (4 oz.) can drained
  mushrooms

Cook noodles and drain. Brown meat. Add remaining ingredients (except chow mein noodles and cashews). Bake at 325° for 20 minutes. Put chow mein noodles and cashews on top. Bake 10 minutes more.

Betty Ann Wilson

HAMBURGER HIGH HAT

1/2 lb. bacon, fried
1 lb. hamburger
1 c. diced onion
1 can cream of chicken soup
1 tsp. salt
1 tsp. pepper
1/2 tsp. monosodium glutamate (optional)
1/8 tsp. garlic salt
1 c. sour cream
hot buttered noodles

Brown bacon over heat; then add hamburger and onion. Cook slowly until onion is golden and hamburger is brown. Keep hamburger crumbly; pour off fat. Add chicken soup and seasoning; heat until bubbly. Just before serving, add sour cream. Heat to simmering point. Toss noodles with poppy seed. Mix all together and garnish with 1/2 of bacon. Serves 4 to 6.

Betty Ann Wilson

STUFFING TOPPED PORK CHOPS

6 pork chops
1/2 c. water
2 Tbsp. butter
1/4 c. chopped celery
2 Tbsp. minced onion
2 c. soft bread crumbs
1/4 tsp. salt
1/2 tsp. dried sage
1/2 tsp. poultry seasoning
1/4 tsp. pepper
1 (8 oz.) can cream-style corn

Heat oven to 350°; brown chops. Place in baking pan. Add water; cover tightly with aluminum foil. Bake 1 hour.

Prepare stuffing: Melt butter in small skillet. Add onion and celery; saute. Add to bread crumbs along with seasonings. Toss with corn. Spoon over chops. Bake 1/2 hour longer, uncovered.

Chris Power

CABBAGE ROLLS IN GOLDEN SAUCE

12 large cabbage leaves
1 1/2 lb. ground beef
1 c. finely minced cabbage
1 1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. MSG
1/2 c. soft bread crumbs
1/4 c. water
2 eggs, beaten
1/2 c. butter
1/4 c. honey
1/4 c. molasses
3 Tbsp. water

Heat oven to 350°. Pour boiling water over cabbage leaves and let stand 5 minutes to soften. In a bowl, combine ground beef, minced cabbage, onion, pepper, salt, MSG, bread crumbs, 1/4 cup water and eggs. Mix well and divide into 12 equal cylinder shaped rolls. Arrange each roll in center of a scalded cabbage leaf. Fold over 2 sides of leaves and roll. Place, folded side down in a baking dish. (Any extra cabbage can be chopped and layered under rolls.) Blend butter, honey, molasses and water. Pour over rolls and bake about 45 minutes until browned. Turn rolls after 25 minutes to brown evenly.

Chris Powers

BEEF, CABBAGE AND TACO CASSEROLE

- 1 1/2 c. shredded potatoes
- 1/2 c. shredded Cheddar cheese
- 1/4 tsp. pepper
- 1/8 tsp. onion
- 1 lb. ground beef
- 1/2 c. shredded cabbage
- 1 (4 oz.) can green chili peppers

Taco Sauce:

- 1/2 c. taco sauce
- 1/4 tsp. pepper
- 1/8 tsp. onion salt
- 1 c. shredded cheese

Toss together potatoes, pepper, Cheddar cheese and onion. Press in bottom and sides of greased 1-quart baking dish. Bake at 350° for 20 minutes. Meanwhile, brown ground beef and stir-fry cabbage 2 to 3 minutes. Make taco sauce. To cabbage, add ground beef, chili peppers, taco sauce, onion salt and pepper. Mix. Mound in potato crust and bake 20 minutes. Top with cheese and bake 2 to 3 minutes longer. Let set 10 minutes before serving.

Chris Powers

AUNT NINNY'S JOHN BEN GETTY CASSEROLE

- 3 lb. hamburger
- 1 large onion
- 1 large pkg. noodles (frozen)
- 2 red peppers
- 1 can mushroom soup
- 2 cans cream of chicken soup
- 1 can peas
- 1 lb. American cheese, grated

Brown hamburger in a skillet and add onions and a little water; simmer 1/2 hour. Cook noodles and drain. Add peppers, soup and peas with juice. Grate cheese and mix together; put in baking pans and sprinkle with potato chips or Chinese noodles. Bake at 350° until brown.

Virginia Monroe

BREAKFAST CASSEROLE

8 to 10 slices bacon
8 eggs
6 slices American cheese
1 c. milk

Fry and drain bacon; chop into small pieces. Arrange cheese in bottom of a 9-inch buttered pan. Beat eggs and milk; add crumbled bacon and pour over cheese. Bake at 350° for 30 to 35 minutes or until knife comes out clean. Let stand 5 minutes before cutting. Can be made the night before and put in refrigerator.

Linda Phelps

HOLIDAY BUFFET CASSEROLE

1 (8 oz.) pkg. noodles, cooked and drained
1 lb. lean ground beef
1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. chopped celery
1/8 tsp. pepper
1 (21 oz.) jar Ragu Italian cooking sauce
2 c. cottage cheese
1 (3 oz.) pkg. cream cheese
1/4 c. Parmesan cheese
1 tsp. oregano
2 Tbsp. chopped parsley

Brown ground beef in skillet; remove heat and place meat in bowl. Drain all but 1 tablespoon fat from skillet. Saute onion, pepper and celery in skillet. Season with salt and pepper. Stir in the beef and Ragu sauce. Bring to boil and remove from heat. Blend cottage cheese and cream until creamy. Place half of noodles in a buttered 2 1/2-quart casserole. Cover with cheese mix. Add remaining noodles. Pour meat sauce over all. Sprinkle with Parmesan cheese, oregano and chopped parsley. Bake at 350° for 30 to 35 minutes or until bubbly. Serves 8.

Linda Phelps

CHEESE SOUFFLE

- 12 slices bread
- 1 lb. Cheddar cheese (sharp)
- 3/4 tsp. salt
- 4 eggs
- 3 c. milk
- pepper and paprika to taste

Trim crusts off bread and place 6 slices in buttered Pyrex dish. Cover with 1/2 of cheese and place another 6 slices bread on top. Cover top with cheese. Beat eggs; add milk and seasoning. Pour over bread and cheese; place in refrigerator overnight. Put in shallow pan of water and bake at 350° for 1 hour or until brown. May be served with white sauce. Serves 6.

Pat Snyder

CHICKEN AND SNOW PEAS

- 2 1/2 lb. chicken breasts, deboned and skinned
- 1 tsp. salt
- 2 c. chicken bouillon
- 1 tsp. sherry extract
- 4 Tbsp. onion flakes
- 1/2 lb. fresh mushrooms, sliced
- 2 (6 oz.) pkg. frozen Chinese pea pods
- scallions to garnish
- 1/4 tsp. pepper
- 1/2 tsp. tarragon

Cut chicken into 2 x 1-inch strips. Sprinkle with salt, pepper and tarragon. Brown in Pam-sprayed skillet. Add bouillon, extract and onion. Cook 5 minutes or until chicken is tender. Add mushrooms and pea pods. Cook until heated through (pods still crisp). Garnish with scallions and serve over rice. Makes 4 to 6 servings.

Linda Phelps

COMPANY CASSEROLE

- 8 oz. medium size noodles
- 1 lb. ground beef
- 3 Tbsp. oleo
- 2 (8 oz.) cans tomato sauce
- 1 c. cottage cheese (small curd)
- 1/2 c. sour cream
- 1/2 c. green chopped onions
- 1 Tbsp. green pepper (optional)
- 2 Tbsp. melted oleo

Cook noodles, rinse and drain. Brown meat in 3 tablespoons oleo. Stir in tomato sauce. Combine rest of ingredients and beat. Spread 1/2 of noodles in 2-quart greased casserole. Build layers of cheese mixture, meat and noodles until filled. Pour melted butter on top. (Finish with noodle layer.) Bake at 350° for 30 minutes. Serves 6 to 8.

Pat Snyder

LASAGNE

1 lb. ground beef, drained
6 c. spaghetti sauce
1/2 pkg. lasagne noodles
2 c. Ricotta cheese
1 c. Mozzarella cheese
1/8 c. Parmesan cheese
2 eggs
1 tsp. salt
1/2 tsp. parsley
1/4 tsp. salt

Cook noodles done; toss with oil or butter and lay out on wax paper. Mix cheeses together with eggs, parsley, salt and pepper. In a 9 x 13-inch pan layer noodles, sauce and cheese into 3 layers; top with noodles and sauce. Sprinkle with Parmesan cheese. Use sauce of your choice. Bake, covered, at 350° for 30 minutes.

Shirley Mosshart

FAJITAS

1/4 c. orange juice
1/4 c. lime or lemon juice
1/4 c. white wine
1/4 c. water
1/4 c. soy sauce
1 tsp. pepper
3 cloves minced garlic
1/2 tsp. thyme
1/2 tsp. oregano
1/2 tsp. salt
1/4 tsp. cumin
1/2 c. oil
1/3 c. chopped onion
3 chilies
1 Tbsp. sugar
2 lb. steak (flank, chuck or round)

Combine marinade ingredients. Pound steak to 1/4 inch thick and add marinade. Cover and refrigerate for 2 to 8 hours or overnight, turning and poking steak several times. Remove steak and drain well. Grill over medium coals 4 to 6 minutes on each side or until done. Slice diagonally into thin strips. Serve wrapped in warm tortillas. Yields enough for 5 people.

Yvonna Brown

VIRGINIA'S COMPANY STRATA

12 slices white bread
12 oz. sharp processed cheese, sliced
1 (10 oz.) pkg. frozen chopped broccoli, cooked and drained
2 c. diced, fully cooked ham
6 slightly beaten eggs
3 1/2 c. milk
2 Tbsp. instant minced onion
1/2 tsp. salt
1/4 tsp. dry mustard

From 12 slices bread, cut 12 doughnuts and holes, just like you were cutting out doughnuts. Fit the scraps of bread (top crust removed) left in bottom of 13 x 9 x 2-inch baking dish. Layer sliced cheese, broccoli and ham over bread. Arrange doughnuts and holes atop. Combine eggs, milk, onion, salt and mustard. Pour over bread and refrigerate overnight. Bake, uncovered, at 325° for 55 minutes. Let stand 10 minutes before serving. (I sprinkle this with shredded cheese the last 5 minutes of baking.)

This is Sharon and Chris's favorite at our Christmas brunch.

Sharon Brown
Chris Powers

AUNT DORA'S BEST CHICKEN CASSEROLE

3 c. chicken, diced
2 c. dry noodles
2 cans mushroom soup, undiluted
1 (4 oz.) pimiento
1 can mushrooms or 6 to 8 large fresh mushrooms, sliced
3/4 c. sliced celery
2/3 c. onion, sliced and separated
1 Tbsp. pepper
1 tsp. salt
2 1/2 oz. sliced almonds
1 can water chestnuts

Cook chicken and save the broth. Dice chicken and put into greased 9 x 13-inch baking pan in layers: chicken, noodles, celery, onions, mushrooms and water chestnuts. Pour 1 cup broth over the layered ingredients. Cover with mushroom soup, like frosting a cake. Top with pimientos, salt and pepper, evenly over top. Bake at 325° for 1 hour, until bubbly on top. Serve hot.

Loreta Dressel

SCRAMBLED EGG CASSEROLE

1 c. cooked ham or bacon	2 1/2 c. bread crumbs
3 tsp. oleo	1 recipe cheese sauce
12 eggs	paprika
3 oz. can mushroom pieces	

Cook ham or bacon and drain. Beat the eggs slightly and add to meat. Cook until set. Fold in mushrooms and cheese sauce. Pour in a 9 x 13-inch baking dish. Top with bread crumbs; sprinkle with paprika. Dot with oleo and bake at 350° for 30 minutes.

Cheese Sauce:

2 Tbsp. oleo	pepper
2 Tbsp. flour	2 c. milk
1 1/2 tsp. salt	1 c. American cheese, diced

Blend flour into oleo. Add salt and pepper. Add milk slowly, cooking and stirring constantly until thickened. Add cheese and stir until melted. This may be baked the evening before and warmed up in the oven the next morning. Canned cheese soup may be substituted for the cheese sauce.

Nedra Erskine

Meats, Poultry & Seafood

Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

Copyright © 1978 Fundcraft Publishing, Inc.

MEATS, POULTRY & SEAFOOD

CROCK-POT STEAK

1 1/2 lb. round steak, cut into 2-inch strips
2 Tbsp. Worcestershire sauce
1 onion, chopped
1/8 tsp. garlic powder
1 c. seasoned tomato juice (V-8 or Snappy Tom)
1 c. celery
1 small can mushrooms
1 green pepper, chopped
2 c. or 1 (10 oz.) pkg. okra

Cook steak, Worcestershire sauce, onion, garlic powder, tomato juice and celery all day in crock-pot. Add mushrooms, green pepper and okra. Cook on high about 30 minutes. Serve on rice.

Loreta Dressel

BARBECUED MEATBALLS

1 small can evaporated milk
1 1/2 lb. hamburger
1 c. quick oats
1 egg, beaten
1/2 c. chopped onion
1/4 tsp. garlic powder
1 tsp. salt
1/4 tsp. pepper
1 tsp. chili powder

Sauce:

1 c. brown sugar
1 tsp. liquid smoke
1/4 tsp. garlic powder
1/4 c. chopped onion
1 c. ketchup

Mix in large bowl. Shape into 3/4-inch meatballs. Bake in preheated 350° oven for about 20 minutes or until browned. Cover with sauce and heat again briefly.

Sauce: Dissolve over low heat and pour over meatballs.

Yvonna Brown

BARBEQUED WIENERS

1/4 c. chopped onions
2 tsp. sugar
3/4 tsp. dry mustard
1/4 tsp. salt
1/8 tsp. pepper
1 tsp. paprika
3 Tbsp. vinegar
6 Tbsp. catsup
1/2 c. water

Cook onions in hot fat until golden. Add other ingredients and simmer 15 minutes. Pour over split wieners and bake at 350° for 15 to 20 minutes. Can fix in electric skillet.

Pat Snyder

B B Q MEATBALLS

1 c. evaporated milk
3 lb. hamburger
2 c. oatmeal
2 eggs
1 c. onions, chopped
1/2 tsp. garlic powder
2 tsp. salt
1/2 tsp. pepper
2 tsp. chili powder

Sauce:

2 c. ketchup
2 c. brown sugar
2 Tbsp. liquid smoke (may use less)
1/2 c. onions, chopped
1 tsp. mustard

Make into small balls. Cover with sauce and bake 1 hour at 350°.

Helen Bahre

MUSHROOM MEATBALLS

1 can cream of mushroom soup
1 lb. ground beef
1/2 c. fine dry bread crumbs
1 Tbsp. shortening
2 Tbsp. minced onion
1 Tbsp. minced parsley
1 egg, slightly beaten
1/2 c. water

Measure out 1/4 cup soup. Combine with beef, crumbs, onion, parsley and egg. Shape into meatballs, 1 1/2 inches in diameter. Makes about 16. Brown in shortening. Blend remaining soup with water and pour over meatballs. Cook over low heat about 10 minutes. Serve over rice.

Linda Phelps

SPICY MEATBALLS

2 lb. ground chuck
1 c. cracker crumbs (saltines or Town House)
1/2 c. finely chopped onion
2 eggs
salt and pepper to taste
1/2 c. brown sugar, packed
5 Tbsp. catsup
5 Tbsp. mustard

Combine ground chuck, cracker crumbs, chopped onion, eggs, salt and pepper thoroughly; make into 1 1/2-inch meatballs. Place in oblong pan. Mix together brown sugar, catsup and mustard. Pour this sauce over the top of meatballs. Bake, uncovered, at 350° for 45 minutes.

Claudette Thompson

MEAT LOAF IN MUSHROOM SAUCE

1 1/2 lb. pkg. frozen hamburger
1 can cream of mushroom soup
1 envelope dry onion soup

Place frozen hamburger on large piece of heavy aluminum foil. Pour over meat, mushroom soup and sprinkle on this, the dry onion soup. Fold edges of foil and seal meat in tightly. Bake 3 hours at 325°.

Linda Phelps

DELUXE HAMBURGER PATTIES

1 to 1 1/2 lb. ground beef
2 medium potatoes, ground
1 medium onion, ground
1 egg, beaten slightly
salt and pepper to taste

Mix all ingredients and shape into patties. Brown lightly on both sides in small amount of oil. Mix 1 can cream of mushroom soup with 1 can warm water. Pour soup mixture over patties. Cover and simmer for 20 minutes. Remove patties to platter; add thickening to soup mixture in pan and use this for gravy.

LaVon Sparks

SWEET AND SOUR MEATBALLS

1 lb. hamburger
1/2 c. bread crumbs
1/4 c. uncooked rice
shake of garlic salt
salt and pepper
1/2 c. onion, finely chopped
1 tsp. Worcestershire sauce

Mix ingredients and form into balls, 1 1/2 inches in diameter. Place in large casserole dish and add:

1 can tomato soup
juice of 1/2 lemon or 2 Tbsp. vinegar
1/2 tsp. powdered mustard
1/2 tsp. salt
3/4 c. brown sugar

Pour over hamburger. Cover and bake 1 1/2 hours in 350° oven. Serves 6.

Janiece Rowland

MEAT PATTIES IN SWEET AND SOUR SAUCE

2 c. soft bread crumbs
1/4 c. chopped onion
1 Tbsp. salt
1/8 tsp. thyme
1/2 c. water
1 lb. ground beef

Mix bread crumbs, onion, salt, thyme and water well; let stand for 5 minutes. Mix in ground beef and make patties. Brown patties in small amount of fat. Makes 4 to 5 servings.

Sauce:

1 c. sliced onion
1/4 c. brown sugar
1 Tbsp. flour
1/4 c. vinegar
2 Tbsp. water
2 Tbsp. prepared mustard

Mix and cook over slow heat until thick. Bake in oven for 20 minutes.

Betty Ann Wilson

BOBOCHI

1 eye of round roast
salt and pepper
garlic powder
relish
pepperoni
oregano

Take roast and cut an X lengthwise down the middle of the roast. Season the opening with salt, pepper and garlic powder. Next, add relish to the opening. Stuff with pepperoni. Sprinkle the top of roast with oregano. Seal in tin foil and bake the same as any other roast.

Claudette Thompson

CHOP SUEY

1 lb. pork, cubed
1 lb. beef, cubed
2 c. diced celery
6 onions, cut long
2 to 4 Tbsp. brown sugar
2 to 4 Tbsp. soy sauce
2 Tbsp. sorghum
1 can chop suey vegetables
cornstarch
water

Brown pork, beef, celery and onions in a small amount of oil. Put in a large pan and cover with water. Salt and simmer until meat is done, about 2 to 3 hours. Before meat is 1/2 done, add brown sugar, soy sauce and sorghum. When done, add chop suey vegetables. Thicken by using cornstarch and water. Serve over rice or chow mein noodles.

Marlene Gloss

PORCUPINE MEATBALLS

- 1 1/2 lb. beef, ground
- 1/2 c. rice
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. onion, chopped
- 1 can tomato soup
- 1/2 c. water

Wash rice thoroughly. Combine rice, meat, salt, pepper and onion. Shape into small balls. Heat tomato soup and water in heavy pan. Drop balls into mixture. Cover and simmer 25 minutes.

Margaret Oden

PORCUPINES

- 1 lb. hamburger
- 1/3 c. chopped green pepper
- 1/2 tsp. celery salt
- 3 (8 oz.) cans tomato sauce
- 1/2 tsp. cinnamon
- 1/2 c. rice
- 1/3 c. chopped onion
- 1/2 tsp. salt
- 1 Tbsp. sugar
- 1 tsp. cloves
- 1 Tbsp. Worcestershire sauce

Combine hamburger, rice, green pepper, onion, salt and celery salt; mix well. Form into 1-inch balls and brown in hot skillet. Combine remaining ingredients; bring to a boil and reduce to simmer. Place meatballs in sauce and cook about 45 minutes, turning once.

Peggy Shaffer

BEEF BOLOGNA

- 2 lb. lean hamburger
- 1 1/2 tsp. liquid smoke
- 1/8 tsp. garlic powder
- 1 c. water
- 2 Tbsp. Morton Tender Quick
- 1/4 tsp. onion powder

Mix well and shape into rolls, approximately 3 x 6 inches. Wrap in Saran Wrap and refrigerate 24 hours. Place on broiler rack and bake 1 1/2 hours at 300°. Turn once or twice.

Cindy Dobbins

MARINATED STEAK

1/2 c. soy sauce
1/2 c. water
2 Tbsp. vinegar
2 Tbsp. salad oil
1 clove garlic, crushed
1 Tbsp. ground ginger
1 Tbsp. Worcestershire sauce
salt and pepper to taste
2 1/2 to 3 lb. steak

Combine all ingredients except steak. Place steak in bowl and cover with marinade. Let marinate 12 to 48 hours, turning occasionally to distribute marinade. To cook, drain marinade and broil steak until done.

Joan Fisher

PORKIES

1 lb. cured ham, ground
1 1/2 lb. pork, ground
2 eggs, beaten
1 c. milk
1 c. oatmeal

To ground meat, add eggs, salt, pepper, oatmeal and milk. Mix thoroughly with hands. Shape into small oblong "Porkies" (usually get 14 or 15 Porkies). Baste with:

1 1/2 c. brown sugar
1/2 c. vinegar
1/2 c. water
1 Tbsp. mustard

Bake at 350° for 1 hour.

Margaret Lipp

B Q COUNTRY RIBS

2 to 3 lb. country ribs
salt and pepper
onion slices

Put ribs in baking pan with lid; salt and pepper. Cover with onion slices. Bake at 325° for approximately 2 to 2 1/2 hours, until tender and the sauce is thick.

B Q Sauce Mix:

1/2 c. catsup	1 c. water
1 1/2 tsp. salt	1/2 tsp. prepared mustard
1/4 tsp. Tabasco sauce	1 Tbsp. brown sugar
1/8 tsp. chili powder	

Mix ingredients well and pour over meat.

Shirley Mosshart

PORKY MEATBALLS

1 lb. ground beef	1 Tbsp. prepared mustard
1 lb. ground ham (precooked)	salt and pepper to taste
3 eggs	milk
2 c. quick oatmeal	

Combine ingredients with enough milk to make a firm ball (takes a little over 1/3 cup).

Sauce:

2 c. brown sugar	1 c. water
1 c. vinegar	

Pour sauce over meatballs and bake for 45 to 60 minutes, at 325°.

LaVon Sparks

SWEET AND SOUR RIBS

2 1/2 to 3 lb. beef ribs	2 Tbsp. butter
2 tsp. salt	1 c. sliced onions
1/3 c. flour	1 clove garlic, minced

Mixture:

1 1/2 c. hot water	1/2 tsp. Tabasco sauce
1 bay leaf	1 Tbsp. brown sugar
1/4 c. vinegar	

Blend together salt and flour. Coat the meat with flour and brown. Remove meat and add the onions and garlic. Return meat to pans. Pour mixture over meat. Serve over cooked noodles.

Marlene Gloss

SMOTHERED PORK CHOPS

4 medium pork chops
1 can cream of mushroom soup
1 can Cheddar cheese soup
1/2 c. water

In a skillet, brown chops in small amount of grease. Cook until well done on both sides. In a 9 x 13-inch pan, lay pork chops in. Pour cream of mushroom soup and water (mixed) over chops. Top with Cheddar cheese soup. Bake at 375° for 40 minutes. Cover with foil while baking.

Betty Fry

PORKIES

1 lb. ground cured ham
1 1/2 lb. ground pork
2 beaten eggs
1 c. milk
1 c. quick cook oats
salt and pepper

To ground meat add eggs, salt and pepper, oats and milk. Shape into small oblong Porkies. Bake in moderate 350° oven for 45 to 50 minutes. Baste with:

1 1/2 c. brown sugar
1/2 c. water
1/2 c. vinegar
1 Tbsp. mustard (wet or dry)

Phyllis Brian

GRANDMA DODIE'S NUGGET CHICKEN

6 whole broiler-fryer breasts, skinned and boned
2 eggs, beaten
1 c. water
1 1/2 tsp. salt
3 Tbsp. sesame seed
1 c. flour
1 1/2 pt. corn oil

Mix eggs, water, salt, sesame seed and flour into a batter. Heat corn oil over medium heat in a heavy, flat-bottomed 3-quart saucepan or deep fryer, filling utensil no more than 1/3 full. Heat over medium heat to 375°. Dip nuggets into batter; drain off excess batter. Add nuggets in a single layer,, about 8 or 9 at a time. Fry 3 to 5 minutes, or until golden brown. Drain on paper towels.

Sharon Brown

VIRGINIA'S SCALLOPED BACON AND EGGS

1/4 c. chopped onion
2 Tbsp. melted butter or margarine
2 Tbsp. all-purpose flour
1 1/2 c. milk
4 oz. sharp process American cheese, shredded (1 c.)
6 hard-cooked eggs, sliced
1 1/2 c. crushed potato chips
10 to 12 slices bacon, crisp cooked and crumbled

Cook onion in butter until tender but not brown. Blend in flour; add milk. Cook until thickened and bubbles. Add cheese; stir until melted. Place a layer of egg slices in a 10 x 6 x 1 1/2-inch baking dish. Cover with 1/2 cheese sauce, 1/2 potato chips and 1/2 the bacon. Repeat layers. Bake in moderate 350° oven for 15 to 20 minutes or until hot through. Could use a couple more eggs if you like.

Sharon Brown
Chris Powers

SCALLOPED CHICKEN

3 lb. chicken
1 medium onion, chopped
3 c. chicken broth
3 eggs, beaten slightly
1 can cream of mushroom soup
1 small jar pimentos, chopped (optional)
3 c. cracker crumbs
buttered cracker crumbs (1/2 to 3/4 c.)

Stew chicken with onion, until chicken is tender. Remove chicken from bones and cut in bite sized pieces. Add chicken broth, eggs, cream of mushroom soup, pimentos and cracker crumbs. Mix well and pour into oblong pan. Sprinkle buttered cracker crumbs on top. Bake at 350° for 45 minutes or until top is nicely browned.

LaVon Sparks

HOT CHICKEN SALAD

2 c. diced chicken
1 1/2 c. celery
1/4 c. almonds
1/8 tsp. pepper
1/8 tsp. salt
2 tsp. onion
1 Tbsp. lemon rind
1 Tbsp. lemon juice
2/3 c. mayonnaise
1 c. shredded cheese
1 c. potato chips

Mix all together and top with cheese and potato chips. Bake at 375° for 25 minutes.

Betty Ann Wilson

CHICKEN BREASTS

chicken breasts (about 15)
1 (8 oz.) bottle Wish-Bone Russian dressing
1 small jar apricot preserves
1/2 pkg. Lipton onion soup

Combine and pour over chicken breasts. Bake 1 hour at 350°.

Beth Bolton

CHICKEN IN SOUR CREAM SAUCE

1 fryer, cut up
1/4 c. margarine
1 small onion, chopped
1 small green pepper, chopped
1 1/2 Tbsp. sweet paprika
1 c. chicken broth
3 Tbsp. flour
1 c. dairy sour cream
salt and pepper

Wash and dry chicken pieces. Brown on all sides in margarine in skillet. Remove chicken and cook onion and green pepper in skillet drippings for 2 or 3 minutes. Blend in paprika. Add broth and put chicken back in skillet. Cover and simmer 45 minutes or until tender. Remove chicken to hot platter. Strain liquid in skillet and skim off most of fat. Blend flour and sour cream in skillet and gradually stir in strained liquid. Cook, stirring until thickened. Season with salt and pepper. Pour over chicken. Serves 4.

Rosalie LeClerc

CHICKEN BREASTS IN SOUR CREAM

1 pkg. dried chipped beef
6 chicken breasts, boned, skinned and split
6 slices bacon, cut in half
2 cans condensed mushroom soup
1 pt. sour cream

Chop beef finely and place in the bottom of a 9 x 12-inch casserole that has been sprayed with cooking oil. Wrap each chicken breast half with a half piece of bacon and place on the chipped beef. Mix the undiluted soup and sour cream;

pour over chicken. Bake at 350° for 1 hour or until tender. Serve with hot rice or mashed potatoes.

Marlene Gloss

CHICKEN HAVANA

1/4 c. golden raisins
1/4 c. white wine vinegar
2 Tbsp. salad oil
1 to 2 1/2 lb. fryer, cut up
1/4 lb. cooked ham, diced
1 (16 oz.) can tomatoes
1 (4 oz.) can green chilies, cut and drained
1 Tbsp. brown sugar
2 firm small bananas

In small bowl mix raisins and white wine vinegar; set aside. In skillet, in hot oil, cook chicken pieces, a few at a time, until browned on all sides, removing pieces to a bowl as they brown. Set aside. In drippings, over medium heat, cook diced ham until lightly browned. Add tomatoes with their liquid, green chilies, brown sugar and chicken. Heat to boiling, reduce heat and simmer 20 minutes. Add raisin mixture. Cover and simmer 15 minutes, until chicken is tender. Skim off fat. Slice bananas into 1/2-inch pieces; gently stir onto mixture. Heat through.

Janiece Rowland

CHICKEN BITS

4 chicken breasts, boned
2 well beaten eggs
1 c. flavored bread crumbs (stuffing)

Cut each boned chicken breast into 12 pieces. Roll bits in eggs and crumbs; fry in hot oil. Serve hot. These can be made ahead, refrigerated and reheated at 350° for 10 minutes.

Rosalie LeClerc

HAM AND CHICKEN ROLL-UPS

10 slices round ham
10 pieces boned chicken breasts
8 oz. sour cream
1 can mushroom soup

Roll ham around breasts and put in baking dish with ham edges on bottom. Mix sour cream and mushroom soup. Spoon over each roll and bake at 250° for 2 1/2 hours, uncovered.

Anita Southworth

HUNTINGTON CHICKEN

4 or 5 lb. hen or 2 frying chickens
2 c. shell macaroni
1/2 lb. cubed cheese
4 c. chicken broth
8 Tbsp. flour
3 c. bread crumbs
1/2 c. cream

Stew chicken; remove from bones and cut in cubes. Cook macaroni and drain. Mix macaroni and cheese with chicken. Thicken broth with flour and chicken mixture. Put in greased baking dish. Brown crumbs in butter; stir well and add 1/2 cup cream, mixing well. Spread over chicken and bake for 30 minutes at 350°.

Nedra Erskine

OVEN-FRIED CHICKEN PARMA

3/4 c. olive oil (reserve 1 Tbsp.)
6 c. fresh bread crumbs
1 1/2 c. grated Parmesan cheese
3 cloves garlic, finely chopped
1 Tbsp. basil
2 tsp. salt
1 tsp. oregano
1/2 tsp. freshly ground pepper
1 qt. buttermilk
3 chickens, cut into 8 pieces

Preheat oven to 400°. Grease 2 large roasting pans with the reserved 1 tablespoon olive oil. In a large bowl, combine bread crumbs, Parmesan cheese, garlic, basil, salt, oregano and pepper. Pour buttermilk into the bowl. Dip chicken in buttermilk; then in crumbs. Arrange in single layer in roasting pans. Drizzle the remaining oil over chicken. Bake 45 to 50 minutes.

Recipe may be cut in thirds for a smaller serving.

Nedra Erskine

CHICKEN BREASTS

6 chicken breasts
2 Tbsp. butter
1/2 c. dry sherry
1 can cream of chicken soup
1/4 tsp. garlic powder
1 tsp. rosemary
1 tsp. Worcestershire sauce
1 (4 oz.) can sliced mushrooms, drained

Rinse chicken breasts and pat dry. Place in Dutch oven. In a saucepan, combine the remaining ingredients and heat until smooth and hot. Pour over chicken breasts. Cover and cook over low heat until chicken is tender (about 45 to 60 minutes).

Claudette Thompson

CHICKEN ENCHILADAS

2 large chicken breasts
1 c. chopped onion
1 clove garlic
2 Tbsp. butter
1 (16 oz.) can tomatoes
1 (8 oz.) can tomato sauce
1/4 c. chopped green chilies
1 tsp. sugar
1 tsp. cumin
1/2 tsp. salt
1/2 tsp. oregano
1/2 tsp. basil
12 tortillas
2 1/2 c. shredded Monterey Jack cheese
3/4 c. sour cream

Cook chicken until tender; drain and remove skin and bones. Sprinkle with salt and cut into 12 strips. In a saucepan, simmer onions and garlic in butter. Add tomatoes, tomato sauce, chilies, sugar and spices. Simmer 15 minutes.

Dip tortillas in tomato sauce to soften. Place 1 strip of chicken and 2 tablespoons cheese on each tortilla. Roll up and place, seam side down, in a 13 1/2 x 8 3/4 x 1 3/4-inch baking dish. Blend sour cream in remaining sauce and pour over tortillas. Sprinkle with remaining cheese. Cover and bake in 350° oven for 30 to 40 minutes. Serves 6.

Betty Fry

CHICKEN TACOS

1 boiled chicken, diced
1 can cream of mushroom soup
1 can cream of chicken soup
chicken broth to season
Cheddar cheese to season
salt and pepper to season

1 can diced chilies
1 diced onion
1 doz. taco shells, broken in pieces
chili powder to season
onion, sauteed in butter to season

Add 1/2 cup chicken broth and cook until onion is done. Add the 2 cans of soup and chilies. Add salt, pepper and chili powder to suit your taste. Add more chicken broth, if needed. Grease casserole; put in layers of broken taco shells. Add layer of chicken and then soup. Repeat layers, ending with soup. Bake at 350° until bubbly; add grated cheese to cover. Let melt and serve hot. Serves 6.

Phyllis Brian

SCALLOPED CHICKEN

1 chicken, diced
1 1/2 c. cheese
1 1/2 c. celery
1 onion
2 eggs
4 c. broth
4 to 6 c. Ritz crackers
1 can mushroom soup
salt and pepper

Mix all together and bake 1 hour at 350°.

Pam Powell

QUICK AND EASY SEAFOOD SUPPER

1 lb. frozen fish fillets (any kind)
1 c. sliced onion
2 Tbsp. margarine, melted
1 c. condensed Cheddar cheese soup
1/4 c. water
1 (16 oz.) can potatoes, sliced and drained
1 c. cross cut green beans
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry mustard
1 c. shredded American cheese
1/2 c. bread crumbs, mixed with 2 Tbsp. melted margarine

Cut fish into 1 1/2-inch chunks. Cook onion in margarine until tender but not brown. Add soup, water, potatoes, beans, salt, pepper and mustard. Mix well and heat until bubbly. Fold in fish and 1/2 cheese. Spoon into casserole. Sprinkle remaining cheese over top and cover with bread crumbs. Bake at 350° until hot and bubbly, about 25 to 30 minutes. Serves 6.

Cecile Appleby

Vegetables

How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

•Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

•When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

Copyright © 1978 Fundcraft Publishing, Inc.

VEGETABLES

TOMATO PERFECTION

1 1/2 c. tomato juice
1/3 c. water
2 Tbsp. vinegar
1 Tbsp. lemon juice
1 bay leaf
1 small onion, sliced
1 pkg. lemon flavored gelatin
1/4 c. diced green pepper
1 c. diced celery
1/2 c. shredded carrots
1/2 c. sliced-stuffed olives
2 c. cauliflower pieces

Combine tomato juice, water, vinegar, lemon juice, bay leaf and onion. Simmer 15 minutes and strain. Add gelatin and stir until dissolved. Chill until partially congealed. Add vegetables except cauliflower; pour into individual molds. Chill until congealed. Unmold on greens and fill centers with cauliflower.

Virginia Monroe

ASPARAGUS CASSEROLE

3 well beaten eggs
2 cans asparagus, cut up with juice
1 c. American cheese, cut up
2 pimentos, chopped
1/2 c. milk
Club crackers, crumbled*
1/4 c. oleo, melted

*Enough to make it hold together and thicken.

Pour into greased casserole and bake at 350° for 45 minutes.

Pat Snyder

FESTIVE TOMATO WEDGES

2/3 c. salad oil
1/4 c. white wine vinegar
1/4 c. snipped parsley
1/4 c. thinly sliced green onion
2 Tbsp. mayonnaise or salad dressing
1 clove minced garlic
1 tsp. salt
1 tsp. dried dill weed
1 tsp. dried crushed basil
1/4 tsp. dried crushed oregano
1/4 tsp. pepper
6 medium tomatoes, cored and cut into wedges
1 tomato cup (optional)

In a screw-top jar combine all ingredients except tomatoes. Cover and shake. Place tomato wedges in a bowl; pour marinade over all. Stir gently. Cover; chill several hours, stirring once. Use a slotted spoon to remove tomatoes;

arrange on platter. Spoon remaining marinade into hollowed tomato cup. Makes 8 servings.

Pat Snyder

CORN CASSEROLE

- 1 can creamed corn
- 1 can regular corn
- 1 stick margarine
- 1 c. Velveeta cheese or 1 (8 oz.) jar Cheez Whiz
- 1 broken up spaghetti

Melt margarine and cheese together in microwave and then add other ingredients. Bake at 350° for 1/2 hour, covered, and 1/2 hour, uncovered, until spaghetti is done.

Pat Snyder

BAKED HASH BROWNS

- 2 lb. frozen hash browns
- 1 can cream of mushroom soup
- 1 can Cheddar cheese soup
- 1/4 lb. oleo
- 1/4 c. onion
- 1/2 tsp. salt
- 1 pt. sour cream
- potato chips, crushed

Put all ingredients in baking dish; top with potato chips. Bake at 350° for 1 hour.

Chris Powers

GREEN BEANS AND WATER CHESTNUTS

- 1 can French-style green beans, drained
- 1 can mushroom soup
- 1 can water chestnuts, drained

Mix all ingredients in 1-quart baking dish. Bake in oven for 20 minutes at 350°.

Chris Power

ZESTY CAULIFLOWER

- 1 small head cauliflower
- 1/2 c. sour cream
- 1/4 tsp. salt
- 1/4 c. bottled chili sauce
- 1 Tbsp. prepared mustard

Separate cauliflower into flowerets. Cook 5 to 10 minutes. Drain. Stir sour cream, chili sauce, mustard and salt until blended. Place cauliflower on plate; spoon sauce over cauliflower.

Janiece Rowland

CREAM-STYLE CORN

- 2 1/2 lb. frozen corn
- 1 tsp. salt
- 3 Tbsp. sugar
- 3/4 c. whipping cream or coffee cream
- 2 to 3 tsp. cornstarch or 2 Tbsp. flour

Cook corn in a small amount of water. Add salt, sugar and cream. Bring to a boil and thicken with mixture of cornstarch or flour and a little cream. Serves 20.

Marlene Gloss

JALAPENO BAKED CORN

- 1 can whole kernel corn
- 1 can cream-style corn
- 1 egg, beaten
- 1 c. grated cheese
- 1 c. cracker crumbs
- 2/3 c. milk
- 1 jalapeno pepper
- salt and pepper to taste
- sugar to taste
- 1 onion, chopped
- 1 bell pepper, chopped (optional)
- 1/2 stick oleo, melted

Combine all ingredients in casserole dish and bake for 45 minutes at 350°.

Rose Small

SPICY GREEN BEANS

- 6 bacon slices, cooked crisp and drained
- 1 lb. green beans
- 1 lb. mushrooms, cut
- 1 large red onion, sliced
- 1/2 c. water
- 2 Tbsp. cider vinegar
- 1/2 tsp. salt
- 1/8 tsp. crushed red pepper

To bacon drippings, add whole green beans, mushrooms, onion, water, vinegar, salt, and red pepper; cover skillet and cook until vegetables are tender, 20 minutes. Sprinkle crumbled bacon over beans when ready to serve.

Janiece Rowland

BEAN BAKE

1 c. chopped onion
1 lb. ground beef
1/2 lb. bacon
3/4 c. brown sugar
1 Tbsp. vinegar
1/2 c. catsup
1 tsp. mustard
1 (28 oz.) can baked beans
1 (31 oz.) can pork and beans
1 (15 oz.) can kidney beans
1 small can lima beans

Brown onion, ground beef and bacon. Add rest of ingredients and mix. Bake, uncovered, in a 3 to 4-quart casserole for 1 hour at 325°.

Lori Viramontez

OVEN BROWNED POTATOES

3 medium potatoes, peeled and pared
3 Tbsp. margarine
1/2 c. Parmesan cheese

Cook potatoes in boiling water until almost tender; drain. Melt margarine in baking dish. Add potatoes, stirring to coat potatoes with margarine. Bake at 400° for 35 to 45 minutes or until potatoes are browned. Stir once during baking time. Sprinkle with Parmesan cheese before serving.

Phyllis Brian

VEGETABLE CASSEROLE

2 (10 oz.) pkg. frozen broccoli
1 (10 oz.) pkg. frozen cauliflower
1 can mushroom soup
1 c. Velveeta cheese, cubed
3 Tbsp. butter
1 c. cracker crumbs

Cook vegetables as directed on packages. Drain. Place in greased baking dish. Combine soup and cheese. Heat until smooth and pour over the vegetables. Combine butter and crumbs. Sprinkle over the top. Bake at 350° for 30 minutes.

Pat Johannsen

ZUCCHINI FIESTA

3 small zucchini, sliced in thin rounds
6 cherry tomatoes, halved
1 clove garlic, crushed
1 tsp. basil or marjoram

Place zucchini rounds in skillet with tomatoes, garlic and basil or marjoram. Begin cooking over slow heat and stir until juices are released. Continue cooking over medium heat until zucchini is tender and liquid is absorbed.

Cecile Appleby

CORN CASSEROLE

1 (15 oz.) can whole corn
1 (15 oz.) can cream corn
8 oz. sour cream
1 stick oleo
8 oz. Jiffy corn bread mix

Melt oleo and mix all together; bake at 350° for 1 hour or until golden brown.

Kendra Biggs

CHEESE POTATOES

5 c. cooked potatoes, salted

Sauce:

1 stick oleo
1/8 tsp. salt
1/8 tsp. pepper
1/4 c. flour
2 c. milk
1/4 lb. Velveeta cheese

Pour sauce over potatoes and serve. May bake in oven, if desired, at 350° for 20 minutes.

Janet Koch

MARINATED CARROTS

5 c. carrots, cooked and cooled
1 raw chopped onion (1/2 c.)
1 c. celery
1 raw green pepper (1/2 c.)
1/3 c. oil
1 c. sugar
1 can tomato soup
1 tsp. mustard
1 tsp. Worcestershire sauce
1 tsp. salt
1 tsp. pepper

Combine oil, sugar, tomato soup, mustard, Worcestershire sauce, salt and pepper; heat. Let sauce cool. Combine with all other ingredients. Let marinate for 24 hours. Keeps indefinitely.

Connie Sewell

BROCCOLI SALAD

1 large head broccoli, chopped	1/2 red onion, chopped
10 to 12 slices bacon	1/2 c. raisins

Dressing:

1 c. mayonnaise	2 Tbsp. vinegar
1/2 c. sugar	

Fry the bacon until crisp and crumble into small pieces. Combine broccoli, bacon, onion and raisins in large bowl. In separate small bowl blend together the mayonnaise, sugar and vinegar. Pour over broccoli salad. Marinate salad at least 1 to 3 hours.

Pam Powell

HERBED ZUCCHINI

(Serves 3)

2 c. cubed zucchini	1/2 clove garlic
1/2 tsp. basil	1 Tbsp. minced fresh parsley

Place ingredients in a saucepan or skillet. Add just enough water to prevent sticking and steam. Stir frequently until zucchini is tender.

Cecile Appleby

CALICO BEANS

1 can pork and beans	1 lb. ground beef, browned
1 can kidney beans	1 medium onion, cut up and browned lightly
1 can butter beans	
1/4 to 1/2 lb. bacon, crisped	

Combine ingredients and place in casserole; cover with sauce.

Sauce:

1/2 c. brown sugar	2 Tbsp. vinegar
1/2 c. catsup	

You may not need to use all liquid from the 3 cans of beans; drain and then replace as needed. Bake at 350° for 1 hour or less.

Betty Ann Wilson

BROCCOLI CASSEROLE

2 eggs, well beaten
1 stick butter
1 can cream of mushroom soup
1 c. diced sharp cheese
1/2 c. mayonnaise
2 Tbsp. dried onion flakes
2 pkg. frozen chopped broccoli
2 1/2 c. Pepperidge Farm herb stuffing

Cook broccoli (not too tender). Drain well. Melt cheese in mushroom soup. Mix all ingredients except butter and stuffing.

Crumb mixture: Use rolling pin to crush pieces of stuffing. Mix crumbs in melted butter.

Grease a 9 x 9 x 2-inch pan or equivalent dish; put layer of crumb mixture on bottom of pan. Drop broccoli mixture lightly (to be careful not to upset crumbs) and then cover with remaining crumb mixture. Cook in moderate oven about 30 minutes. Can make ahead and freeze.

Linda Phelps

CALICO BEAN POT

1/2 lb. bacon
1 large onion
1/4 c. green pepper
1/4 c. pimento
salt and pepper to taste
1 tsp. dry mustard
1/4 tsp. ginger
1/4 c. cider vinegar
1/4 c. catsup
1/4 c. brown sugar

Chop bacon into small pieces. Saute in a large skillet. When bacon is half done, pour off half the fat. Add the chopped vegetables. Cook until the onion is clear. Add brown sugar, mustard, ginger, vinegar and catsup. Stir until well blended and set aside.

1 (No. 2 1/2) can pork and beans, not drained
1 (No. 303) can garbanzo beans, drained (can substitute a can of pinto beans, drained)
1 (No. 303) can kidney beans, drained
1 (10 oz.) pkg. frozen green lima beans or 1 can lima beans, drained

Mix all the beans in a large casserole dish. Add contents of the skillet and mix thoroughly. Season lightly with salt and pepper (optional). Refrigerate until ready to bake. Bake at 350° for 1 1/2 hours or at 300° for 2 hours. If beans seem to be getting dry, add more catsup.

Janiece Rowland

SPICY VEGETABLE CHILI

1 c. sliced onion
1 c. sliced celery
1 c. sliced carrots
1 medium green pepper, cut in thin strips
2 cloves garlic, minced
2 Tbsp. vegetable oil
2 (28 oz.) cans tomatoes
2 (15 oz.) cans chili hot beans
1 (17 oz.) can lima beans, undrained
1 (16 oz.) can navy beans, undrained
1 c. water
1/4 c. red wine (optional)*
1 to 2 Tbsp. chili powder
2 tsp. salt
1/2 tsp. pepper
2 tsp. basil
1 tsp. oregano

*Can use wine vinegar.

In large skillet saute onion, celery, carrots, green pepper and garlic in oil until tender (about 10 minutes). Add tomatoes, chili beans, lima beans, navy beans, water, wine, chili powder, salt, pepper, basil and oregano. Cover, bring to boiling, lower heat and simmer 1 hour. Uncover and simmer 1 hour longer, stirring occasionally.

LaVon Sparks

SWISS-POTATO CASSEROLE

3 c. sliced, cooked potatoes
1 c. shredded Swiss cheese
1/2 c. finely chopped scallions
1 tsp. salt
butter or margarine
1 c. dairy sour cream
1/4 c. grated Swiss cheese
1/4 c. dry bread crumbs

In deep, buttered 2-quart baking dish, arrange 1 layer of sliced potatoes. Combine shredded cheese, scallions and seasoning. Place a layer of this over potatoes. Dot with butter and spoon on a layer of sour cream. Repeat layers, ending with potatoes. Combine grated cheese and crumbs and 1/4 cup melted butter. Spread over top. Bake, covered, at 375° for 30 minutes. Uncover and bake 15 minutes more. Serves 6.

Rosalie LeClerc

ZUCCHINI PIE

1 1/2 c. mashed potatoes (on dry side)	2 eggs, beaten
1 Tbsp. soy sauce	1/2 tsp. marjoram
3 c. shredded zucchini	1/2 tsp. basil
1/2 c. yogurt	1/2 tsp. oregano
1/4 c. grated onions	2 Tbsp. grated Parmesan cheese

Combine potatoes and soy sauce. Press into a lightly oiled 9-inch pie pan as for a crust. Combine zucchini with remaining ingredients except cheese. Pour into potato crust. Bake 55 minutes. Sprinkle cheese after 45 minutes and return to oven.

Janet Koch

MICROWAVE BROCCOLI SOUFFLE

10 oz. frozen chopped broccoli	2 Tbsp. flour
1/2 tsp. salt	1/8 tsp. pepper
2 eggs, slightly beaten	1 1/2 c. shredded Cheddar cheese
1 c. creamed cottage cheese	

Place broccoli in 1 1/2-quart glass casserole dish. Cover with glass lid. Microwave for 6 minutes on High (100% power). Drain well. Combine eggs and flour in medium mixing bowl until smooth. Stir in remaining ingredients and broccoli. Pour in glass casserole. Microwave for 22 to 24 minutes at 50% power or until almost set in the center. Let stand 5 minutes. Cooking time may vary because microwaves are different. Serves 4.

Barbara Jellison

SCALLOPED BEANS

1 can lima beans	1/2 tsp. salt
1 can green beans	1/4 tsp. dried basil leaves
1 can waxed beans	pepper to taste
2 Tbsp. butter	1 1/4 c. milk
2 Tbsp. flour	1/2 c. grated Parmesan cheese

Mix beans and heat to boiling. Drain. Place in an ungreased 8 x 8 x 2-inch dish. Melt butter in saucepan over low heat. Blend in flour, salt, basil and pepper. Stir mixture constantly until smooth and bubbling. Remove from heat. Stir in milk gradually, heat to boiling and boil 1 minute. Stir constantly. Pour over beans. Sprinkle with cheese. Bake, uncovered, for 20 minutes at 375°. Serves 6 to 8.

Pat Johannsen

BAKED SLICED POTATOES

4 large baking potatoes
1/4 c. butter or margarine, melted
1/4 c. salad oil
2 cloves garlic, minced or pressed
1/2 to 1 tsp. salt
1/2 tsp. dried thyme leaves

Cut unpared potatoes into 1/4-inch thick slices. Place overlapping slices in buttered oven-to-table, 9 x 13-inch baking dish. Mix butter and oil. Brush slices with mixture. Pour remaining over potatoes. Sprinkle with garlic, salt and thyme. Bake at 400° for 25 to 30 minutes or until potatoes are done and browned at the edges. Serve immediately.

Good with steaks or hamburgers, tossed salad and crusty bread.

Pam Powell

POTATO-SAUERKRAUT CASSEROLE

1 medium onion
1 lb. sauerkraut
6 medium unpeeled potatoes, cubed
yogurt, warmed

Place potatoes in a saucepan; cover with water. Place onion and sauerkraut in large saucepan; cover with water. Bring both pots to a boil. Reduce heat and simmer until potatoes are tender. Drain potatoes and add enough yogurt to make a creamy yet firm consistency. Drain kraut well (this will remove much of the sodium). In a large lightly oiled casserole dish, layer 1/2 of mashed potatoes. Add sauerkraut;

then top with remaining potatoes. Bake at 375° for 20 minutes or until top is lightly browned. Serve hot.

Cecile Appleby

SHOE PEG CORN CASSEROLE

1/2 c. chopped onion
1/2 c. chopped celery
1/2 c. Cheddar cheese, grated
1 can Shoe Peg corn, drained
1 can French-style green beans, drained
1 can celery soup
1/2 pt. cultured sour cream
salt and pepper to taste
1 stack Ritz crackers, crushed
1 stick margarine

Melt margarine with crushed crackers. Combine rest of the ingredients in 2-quart casserole. Top with cracker mixture. Bake at 350° for 45 minutes.

Chris Powers

BROCCOLI AND NOODLE PARMESAN

(Microwave)

1 bunch broccoli (about 1 1/2 lb.)
1/2 c. water
butter
onion
garlic
1 can cream of mushroom, chicken, etc. soup
1 c. shredded cheese
1/2 c. Parmesan cheese
1 c. sour cream or small curd cottage cheese

Cut broccoli into bite-sized pieces. In a 3-quart microwave casserole, combine broccoli and water. Cover and microwave on High for 6 to 8 minutes, until almost tender. Let stand 2 to 3 minutes. Drain in a colander. In the same casserole, combine butter, onion and garlic to taste. Stir in soup, shredded cheese and Parmesan cheese. Stir in sour cream or cottage cheese. Microwave on High 8 to 10 minutes, until heated through, stirring occasionally. Let stand, covered, 2 to 3 minutes. Serve.

Barbara Jellison

<<< Extra Recipes >>>

Breads, Rolls, Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

Copyright © 1978 Fundcraft Publishing, Inc.

PEANUT BUTTER PIE

- 1 pkg. vanilla, chocolate or butterscotch pudding
- 1/2 c. crunchy peanut butter
- 3/4 c. powdered sugar
- about 1/2 (5 oz.) container Cool Whip

Combine peanut butter and powdered sugar; put in 9-inch baked pie shell. Follow directions for pie filling on box of pudding. Pour on top of peanut butter mixture. Cover with Cool Whip.

Dorothea Fountain

ANGEL PIE

- 5 Tbsp. cornstarch
- 1/2 c. sugar
- 2 c. boiling water
- 1 tsp. vanilla or almond flavoring
- 4 egg whites, stiffly beaten
- coconut
- whipped cream

Combine cornstarch and sugar; add boiling water. Cook until thick. Partly cool and add vanilla or almond flavoring. Fold into this mixture, stiffly beaten egg whites. When cool, pile into pie shell; cover with coconut. Spread whipped cream on top and cover with more coconut. Refrigerate at least 3 hours.

Dorothea Fountain

GRANDMA VANDEVER'S SILVER CREAM PIE

- 1/2 Tbsp. Knox gelatine
- 1/3 c. water
- juice and grated rind of 1 lemon
- 3 egg yolks
- 1 c. white sugar, divided
- 3 egg whites
- 1/2 pt. whipping cream
- baked pie crust

Soak gelatine in water. Mix lemon juice and rind with 1/2 cup sugar and well beaten yolks. Cook until creamy, stirring constantly. Remove from heat and add soaked gelatine. Cool and when beginning to set, add the stiffly beaten egg whites to which the other 1/2 cup sugar has been added. Pour into baked pie crust and place in cool place or icebox until firm. Whip the cream and pile on top. Makes 1 large or 2 small pies.

Sharon Brown

STRAWBERRY PIE

1 qt. strawberries
3 Tbsp. strawberry jello
3 Tbsp. cornstarch
food coloring (drops)
1 1/2 c. water
3/4 c. sugar

Put whole strawberries in pie shell. Combine sugar, cornstarch, water and food coloring. Bring to boil. Remove from heat and add jello mix. Cool slightly and pour over berries in baked pie shell. Chill 1 hour or more before serving.

Yvonna Brown

FRENCH CHOCOLATE PIE

1 stick oleo or butter
3/4 c. sugar
2 sq. unsweetened chocolate
2 eggs
2 c. Cool Whip

Melt chocolate in microwave. Cream oleo and sugar; add chocolate. Add 1 egg and beat with electric mixer for 5 minutes. Add 1 more egg and beat 5 more minutes. Blend in 2 cups Cool Whip, using plastic spatula. Pour in pie shell and chill.

Yvonna Brown

BANANA SPLIT PIE

2 (9-inch) pie shells
1 1/2 c. sugar
6 Tbsp. flour
1 (No. 2) can crushed pineapple
bananas
1/2 c. nuts
Cool Whip
coconut

Mix sugar, flour and pineapple together and cook until thick; then cool. Spread bananas on bottom of shells; add pineapple mixture and nuts. Top with Cool Whip and coconut. Chill.

Sharon Brown

FRENCH SILK CHOCOLATE PIE

1/2 c. butter or margarine
3/4 c. sugar
1 sq. chocolate
1 tsp. vanilla
2 eggs

Cream butter or margarine; add gradually the sugar and cream it well. Blend in melted and cooled chocolate and vanilla. Add 2 eggs, one at a time, beating 5 minutes after each addition. Turn into cooled, baked pie shell and chill 1 to 2 hours. Top with whipped cream, if desired.

Virginia Monroe

PUMPKIN PECAN PIE

3 large eggs
1/2 c. sugar
1 c. mashed cooked pumpkin
1/2 c. butter or oleo, melted or 1/2 c. cream
3/4 c. dark corn syrup
1/4 tsp. salt
1 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg

Beat all ingredients with rotary beater. Bake in 375° oven for 45 to 50 minutes or until knife inserted comes out clean.

Pat Snyder

MOM'S SOUR CREAM RAISIN PIE

1 c. raisins
1 c. sugar
1 c. milk
1 Tbsp. vinegar
pinch of salt
1 tsp. vanilla
3 egg yolks
2 Tbsp. flour

Cover raisins with 1/4 cup warm water and soak 5 minutes. Add rest of ingredients to raisins in saucepan and cook until thickened. Pour in prepared pie crust; top with meringue. Bake in 350° oven for 12 to 15 minutes.

Meringue:

3 egg whites
2 Tbsp. sugar
1/4 tsp. cream of tartar

Beat egg whites with cream of tartar until stiff. Beat in sugar slowly until smooth and glossy.

Patsy Oliver

PEACH PIE

Crust:

1/4 c. pecans
1/2 c. oleo
1 c. flour
1/4 c. brown sugar

Crumble and bake 15 minutes at 350°. Pat in greased pie pan and chill until firm.

Filling:

1 c. crushed peaches
1 c. sugar
1/2 c. water
3 Tbsp. cornstarch
dash of salt and nutmeg
lemon juice

Cook until thick and glossy; pour over 2 cups fresh sliced peaches that you have put in the crust. Chill.

Pat Snyder

NEVER FAIL PIE MERINGUE

1/2 c. water
1 Tbsp. cornstarch
3 egg whites (room temperature)
6 Tbsp. sugar
1 tsp. vanilla

Combine water and cornstarch; boil until clear. Cool slightly. Add egg whites, sugar and vanilla. Beat at high speed until very stiff. Spread over pie and seal to edge of crust. Bake at 350° for about 10 minutes.

Chris Power

SOUR CREAM RAISIN PIE

2 c. raisins
2 c. sour cream
2 c. sugar
4 Tbsp. flour
3 or 4 egg yolks
pinch of salt
2 tsp. cinnamon
1/4 tsp. cloves
2 tsp. vanilla

Cook raisins first and then add other ingredients; cook all together until thick. Pour into baked pie shell and top with meringue or whipped cream. Makes a large pie.

Delpha Engelland

LEMON PIE

- 1 1/2 c. sugar
- 1/3 c. cornstarch
- pinch of salt
- 2 c. boiling water
- 3 eggs, separated
- 1/3 c. lemon juice
- 2 Tbsp. butter

Combine sugar and cornstarch. Add boiling water and cook over direct heat, stirring constantly, until clear. Pour a little mixture over beaten egg yolks and mix together. Add lemon juice and butter. Pour into baked pie shell.

Chris Powers

NUTTY CHOCOLATE PIE

- 3 eggs
- 1 c. Karo light or dark syrup
- 1 c. nuts (pecans work best)
- 6 oz. chocolate chips
- 1/2 c. sugar
- 1 tsp. vanilla
- 2 Tbsp. butter
- 1 unbaked 9-inch pie shell
- Cool Whip

Preheat oven to 350°. In large bowl, beat eggs. Add syrup, nuts, chocolate chips, sugar, butter and vanilla. Mix well. Pour in shell. Bake 50 to 60 minutes. Serve warm or cold with whipped cream.

Note: Filling should be slightly less set in center than around edges.

Linda Phelps

YOGURT PIE

- 2 (8 oz.) cartons yogurt (any flavor)
- 1 (9 oz.) carton Cool Whip

Blend together and put in graham cracker crust.

Beth Bolton

FROZEN PIE

2 1/2 c. Rice Krispies
1 (6 oz.) pkg. chocolate bits
2 Tbsp. butter or margarine

Melt bits in double boiler (or microwave); add butter and Rice Krispies. Mix and press into pie plate. Chill. Fill with vanilla ice cream, shave chocolate over top and refreeze.

Rosalie LeClerc

YUMMY YUMMY PECAN PIE

3 eggs
2 Tbsp. sugar
2 Tbsp. flour
2 c. dark Karo syrup
1 tsp. vanilla
1/4 tsp. salt
1 c. pecans
1 uncooked pie shell

Beat the eggs until light. Mix sugar and flour. Add to the eggs and beat well. Add Karo syrup, vanilla, salt and pecans. Pour into uncooked pie shell and bake at 425° for 10 minutes. Reduce heat to 325° and finish baking about 45 minutes.

Margaret Oden

MICROWAVE APPLE PIE

Filling:

2/3 c. sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
8 large apples, peeled, cored and sliced
2 Tbsp. butter or margarine

Crumb Topping:

1/2 c. brown sugar
1/2 c. butter, softened
1 c. flour

Filling: Combine sugar, cinnamon, nutmeg and apples in a large bowl. Spoon into a 10-inch glass pie plate. Dot with butter. Bake (60% power) in microwave for 10 minutes. Stir apple mixture. Add topping.

Crumb Topping: Cream sugar and butter. Add flour and stir until smooth. Daub topping on apple mixture. Bake (60%

power) for 15 minutes. Serve warm or cold, plain or with ice cream, whipped cream or cheese. Makes 8 servings.

Linda Williams

STRAWBERRY PIE

1 qt. fresh strawberries
1 1/2 c. water
3 Tbsp. cornstarch
1/2 c. sugar
4 Tbsp. strawberry Jell-O powder
red food coloring
whipped topping

Combine sugar, cornstarch, water and a few drops of red food coloring. Bring all to boil until clear and thick. (May be done in microwave.) Add Jell-O powder; mix well and cool slightly. Mix carefully with fresh cut strawberries. Pour into 9-inch baked pie shell. Garnish with whipped cream. Refrigerate.

Linda Williams

BUTTERSCOTCH PIE

1 c. brown sugar
1/2 c. flour
2 c. milk
pinch of salt
3 eggs, separated
butter
vanilla

Mix sugar, flour and salt together. Add milk and cook over low heat, stirring constantly. Beat egg yolks. Add a small amount of milk mixture to egg yolks; then cook together until thickened. Add butter and vanilla. Cool and pour into 9 or 10-inch baked pie shell. Top with meringue.

Meringue:

3 egg whites
6 Tbsp. sugar

Beat egg whites until foamy; add sugar and beat until peaked. Brown at 400°.

Marcella Homan

SOPAIPILLAS

2 c. flour	2/3 c. lukewarm water
1 Tbsp. baking powder	fat for frying
1/2 tsp. salt	honey or sugar and cinnamon
1 Tbsp. shortening	

Stir together flour, baking powder and salt. Cut in the shortening until mixture resembles cornmeal. Gradually add the water; stirring with a fork (dough will be crumbly). Turn onto floured surface; knead into a smooth ball. Divide dough in half. Let stand 10 minutes. Roll each half into 12 1/2 x 10-inch rectangle. Cut into 2 1/2-inch squares. Fry a few at a time in deep hot oil (400°) until golden. Drain on paper towel. Serve with honey or roll in sugar-cinnamon mixture.

Yvonna Brown

ROSIE'S POPPY SEED BREAD

1 pkg. lemon cake mix	1 pkg. lemon instant pudding
1/2 c. oil	1 c. water
4 eggs	2 Tbsp. poppy seed

Mix and beat 4 minutes; pour into 2 small bread pans. Bake at 350° for 40 to 50 minutes.

Virginia Monroe

BEER BREAD

3 c. self-rising flour*	1 can beer (at room temperature)
2 Tbsp. sugar	

Mix and put in loaf pan. Bake at 350° for 55 minutes. Melt 1/2 stick butter and baste bread. Cook for 10 more minutes.

*To regular flour, add 1 teaspoon baking powder for each cup and a dash of salt.

Linda Phelps

HEIRLOOM BREAD

4 c. flour
2 tsp. baking powder
1 1/2 tsp. soda
2 tsp. salt
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
2 c. sugar
1 c. shortening
4 eggs
1 tsp. lemon extract
1 tsp. vanilla extract
2 c. canned applesauce
2/3 c. chopped nuts
1/2 c. raisins

Combine and sift dry ingredients. Cream sugar and shortening until fluffy. Beat in eggs, flavoring and applesauce. Add liquid mixture to the dry and blend until smooth. Stir in nuts and raisins. Bake in 2 greased loaf pans at 350° about 55 to 60 minutes. Cool at least 4 hours before slicing.

Betty Ann Wilson

PINEAPPLE-PECAN BREAD

3/4 c. brown sugar
1/4 c. shortening
1 egg
2 c. sifted flour
1 tsp. soda
1/2 tsp. salt
1/3 c. frozen orange juice concentrate, thawed
1 (8 3/4 oz.) can crushed pineapple
1/2 c. chopped pecans

Cream together sugar and shortening. Add egg and beat. Sift dry ingredients, flour, soda and salt. Alternately add dry ingredients and orange concentrate to creamed mixture. Stir in undrained pineapple and pecans. Bake at 350° for 50 to 60 minutes in well-greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Remove from pan. Cool on rack.

Rosalie LeClerc

ZUCCHINI BREAD

3 eggs, beaten
1 c. butter-flavored Crisco
2 c. sugar
2 c. grated zucchini
1 tsp. salt
1 tsp. cinnamon
1/2 c. chopped nuts
2 tsp. vanilla
3 c. flour
1 tsp. soda
1/2 tsp. baking powder

Beat eggs; add Crisco, sugar, zucchini and vanilla. Cream together. Mix dry ingredients together. Add to creamed mixture and mix until well blended. Add nuts. Bake in 2 greased and floured loaf pans at 325° for one hour.

Linda Williams

WHITE BREAD

2 pkg. yeast	3 eggs
6 c. warm water or milk	6 tsp. salt
3/4 c. shortening	15 to 16 c. flour
1/2 c. sugar	

Pour water or milk into large bowl or pan; sprinkle in yeast and let dissolve, 3 to 4 minutes. Add all remaining ingredients except flour to yeast mixture; add about half the flour and stir very well with large spoon. Continue adding flour and stirring until dough is easy to handle on a board. Knead in enough of the remaining flour to make it smooth, firm dough, about 15 1/2 to 16 cups. Stirring and kneading takes about 7 minutes.

Put dough into well oiled large pan or bowl. Oil top of dough and cover with Saran Wrap. Place in warm oven (about 90°) and let rise about 3/4 of an hour. Divide into 6 equal parts and put in bread pans. Let rise in a warm place until double in size. Set on middle shelf of 400° oven and bake 15 to 20 minutes, or until brown on top. Glaze with margarine or butter to keep soft. Allow to cool.

Peggy Shaffer

BEER BREAD

5 Tbsp. sugar	3 c. self-rising flour
1 (12 oz.) can beer	

Mix ingredients and put in bread pan. Bake at 375° for 40 minutes or until brown.

Cindy Dobbins

HOBO BREAD

2 c. white raisins	2 c. sugar
4 tsp. soda	1/2 tsp. salt
2 c. boiling water	4 c. flour
1/2 c. salad oil	1 c. nuts (optional)

Mix raisins, soda and boiling water; let stand until cool. Add oil. Cover and let set overnight. Add sugar, salt, flour and nuts. Mix well and divide into 3 (1 pound) bread pans, greased and floured. Bake at 350° for 1 hour and 15 minutes. Let stand 20 minutes before removing from pan. Will be crusty on top.

Joan Fisher

GREAT CORN BREAD

1 c. all-purpose flour
1 c. yellow corn meal
1/4 c. sugar
4 tsp. baking powder
1/2 tsp. salt
2 eggs
1 c. milk
1/4 c. bacon drippings

Stir together flour, corn meal, sugar, baking powder and salt. Add eggs, milk and bacon drippings. Beat just until smooth. (Do not overbeat.) Turn into greased 9 x 9 x 2-inch baking pan. Bake at 425° for 20 to 25 minutes. Makes 8 or 9 servings.

Helen Stockstill

SOUR CREAM BANANA BREAD

1/2 c. chopped nuts
1/2 c. softened oleo
1 c. (2 large) bananas
1 c. sugar
1 1/2 c. sifted flour
1/2 tsp. salt
2 eggs
1/2 c. thick sour cream
1 tsp. vanilla

Sift dry ingredients together and set aside. Mix oleo, sugar, eggs and vanilla. Beat 1 1/2 minutes. Scrape bowl often. Add bananas, sour cream, nuts and flour mixture. Blend. Turn into 9 x 5 x 3-inch pan, lined with foil and greased. Bake at 350° for 1 hour. Test with toothpick.

Barbara Jellison

CARROT-PINEAPPLE BREAD

1 c. liquid shortening
2 c. sugar
3 eggs
2 tsp. vanilla
1 tsp. salt
1 tsp. cinnamon
1 c. crushed pineapple, drained

2 1/2 c. flour	1 c. chopped pecans (optional)
1 tsp. baking soda	

Combine shortening, sugar, eggs and vanilla; blend thoroughly. Sift together flour, baking soda, salt and cinnamon. Add dry ingredients to the liquid mixture. Mix in pineapple and pecans. Pour into 2 greased and floured loaf pans. Bake 45 to 50 minutes at 350°.

Betty Fry

PRUNE BREAD

- 1 c. cooked prunes, cut in small pieces
- 1 c. prune juice
- 1 c. sugar
- 2 c. flour
- 1/2 c. shortening
- 1/2 tsp. salt
- 1 tsp. soda
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 2 eggs

Cream sugar and shortening. Add eggs and beat until light. Heat prune juice (hot, but not boiling); stir soda into it and add alternately with the flour that has been sifted with salt and spices. Add prunes. Pour into greased loaf pan and bake 1 hour in medium oven. Makes 1 loaf.

Helen Bahre

EGG PIE CRUST

- 1 1/4 c. lard or 1 1/2 c. shortening
- 3 c. flour
- 1 tsp. salt
- 1 beaten egg
- 5 1/2 Tbsp. cold water

Cut lard or shortening, flour and salt together. Beat the egg and add the water to egg. Stir both into flour mixture.

Loreta Dressel

PAT-A-PIE PASTRY

- 2 c. sifted flour
- 2 tsp. sugar
- 1 tsp. salt
- 2/3 c. salad oil
- 3 Tbsp. milk

Into pie plate, sift flour, sugar and salt. Using a fork, whip oil with milk. Pour over flour mixture. Mix with fork until flour is dampened. Reserve 1/3 dough to crumble

Rosella L Nelson

over filling for top crust. Press rest of dough to line bottom and sides of pie pan. Add filling, crumble reserved dough in small pieces; sprinkle over filling. Bake.

Virginia Monroe

E-Z PIE CRUST

1 1/2 c. flour
1/2 c. oil
1/8 tsp. salt
2 Tbsp. milk

Put flour into center of pie tin. Onto the flour, put oil, salt and milk. With fingers, mix the mixture; then press over bottom and sides of the tin. Then crimp edges. Prick and bake for pie shell, or add filling and bake. One tablespoon sugar may be added to flour mixture.

Virginia Monroe

PIE CRUST

1 3/4 c. flour
1 tsp. salt
1/2 c. oil
3 Tbsp. cold water

Mix; roll out between wax paper.

Lori Viramontez

PIZZA CRUST

1 c. boiling water
2 Tbsp. shortening
1/2 tsp. salt
1 pkg. dry yeast
3 to 4 c. flour

Combine water, shortening and salt in large mixing bowl. Stir until shortening is melted. Cool to lukewarm and sprinkle yeast over water mixture; stir until dissolved. Add flour gradually and mix well; turn out and knead well. Let rise 1 hour or until doubled. Makes 2 large pizza crusts.

Lori Viramontez

MASTER PIE CRUST MIX

7 c. flour
3 1/4 c. shortening or lard
3 Tbsp. salt

Mix flour and salt. Cut in shortening. May be stored on shelf in covered container 6 weeks. Refrigerate, if lard is used.

For 1 Crust:

1 c. mix
3 Tbsp. water

Barbara Jellison

SOUTHERN GAL BISCUITS

2 c. flour
4 tsp. baking powder
1/2 tsp. cream of tartar
1/2 tsp. salt
2 tsp. sugar
1/2 c. shortening
1 egg, beaten
2/3 c. milk

Sift dry ingredients together; add shortening and blend. Pour milk in slowly; add egg. Stir to a stiff dough; knead. Roll to 1/2 inch thickness. Cut. Bake at 450° for 10 to 15 minutes.

Julie Tommer

PERFECT BISCUITS

2 c. sifted flour
1/2 tsp. salt
4 tsp. baking powder
1/2 tsp. cream of tartar
2 tsp. sugar
1/2 c. shortening
1 c. sweet milk

Sift dry ingredients 3 times. Add shortening and 2/3 cup of the milk, if necessary. Knead and fold gently 8 to 10 times. Bake at 450° for 12 to 15 minutes.

Peggy Shaffer

APPLESAUCE PUFFS

2 c. Bisquick
1/4 c. sugar
1 tsp. cinnamon
1/2 c. applesauce
1/4 c. milk
1 egg, beaten
2 Tbsp. salad oil

Combine Bisquick, sugar and cinnamon; add applesauce, milk, egg and oil. Beat all ingredients vigorously 30 seconds. Fill greased muffin tins 2/3 full. Bake at 400° for 12 minutes. Cool slightly. Remove from pan and dip tops in: 2

tablespoons melted butter, then into a mixture of 1/4 cup sugar and 1/4 teaspoon cinnamon. Makes 12 muffins.

Janiece Rowland

MUFFIN MIX

2 c. All-Bran
2 c. boiling water
2 1/2 c. sugar
1 1/4 c. shortening
4 eggs
1 qt. buttermilk
4 c. Bran Buds
6 c. flour
5 tsp. soda

Mix boiling water with All-Bran. Cream sugar and shortening; add eggs, one at a time. Blend well. Add buttermilk, Bran Buds, flour and soda. Add the All-Bran mixture. Blend well and refrigerate. Mixture will keep for 60 days. Do not mix when spooning into muffin pans. Bake at 400° for 18 to 20 minutes.

Nedra Erskine

SIX WEEKS MUFFINS

1 (15 oz.) box Raisin Bran
3 c. sugar
1 c. melted shortening
4 eggs, beaten
5 tsp. soda
1 qt. buttermilk
2 tsp. salt
5 c. flour

Mix Raisin Bran, sugar, flour, soda and salt in large mixing bowl. Add eggs, shortening and buttermilk. Mix well. Store in covered container in refrigerator. Use as desired. Fill greased muffin tins 2/3 full with batter. Bake at 400° for 15 to 20 minutes. This batter keeps in the refrigerator for 6 weeks.

Barbara Jellison

CINNAMON SWIRLS

1 1/2 c. milk
1/2 c. sugar
1 1/2 tsp. salt
1/2 c. peanut oil
2 pkg. yeast
1/2 c. warm water
2 beaten eggs
6 c. flour (scant)

Scald milk; stir in sugar, salt and peanut oil. Cool to lukewarm. Dissolve yeast in warm water in large bowl. Add lukewarm milk mixture, egg and flour slowly. Beat until smooth. Let rise in a warm place free from draft. Combine 1 cup sugar and 2 teaspoons cinnamon. Roll out dough on floured board. Sprinkle with cinnamon and sugar mixture. Roll up tightly and seal edges. Cut in equal pieces. Place on greased baking sheets, cut side up. Press down to flatten. Cover. Let swirls rise in warm place, 20 to 30 minutes. Deep fat fry in peanut oil (375°) until brown on both sides. Drain on absorbent paper; while still warm, dip in glaze or frost with brown sugar icing.

Julie Tommer

LORI'S CINNAMON CRISPIES

- 2 to 2 1/2 c. Pillsbury's Best flour
- 2 Tbsp. sugar
- 1/2 tsp. salt
- 1 pkg. active dry yeast
- 3/4 c. water
- 1/2 c. margarine or butter
- 1 egg
- 2 Tbsp. margarine or butter, softened
- 1 1/2 c. sugar
- 3 tsp. cinnamon
- 6 Tbsp. finely chopped nuts (if desired)

Lightly spoon flour into measuring cup; level off. In a large bowl, combine 1 cup flour, 2 tablespoons sugar, salt and yeast; blend well. In small saucepan heat water and 1/2 cup margarine until very warm (120° to 130°). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in 1 to 1 1/2 cups flour to make a stiff dough. Cover tightly; chill 2 hours or until dough is easy to handle.

Turn dough onto lightly floured surface. Roll to 18 x 10-inch rectangle; spread with 2 tablespoons margarine. Combine 1 1/2 cups sugar and cinnamon. Sprinkle 1/2 cup of mixture over dough. Starting with 18-inch side, roll up tightly, pressing edges to seal. Cut into 18 (1-inch) slices. On cookie sheet or large sheet of foil, spread remaining sugar and cinnamon mixture. Place slices one at a time, on mixture; roll each to 5-inch circle, turning once. Place crispies on ungreased cookie sheets. Sprinkle each with 1 teaspoon nuts, if desired; press in gently. Heat oven to 400°. Bake 10 to

12 minutes or until golden brown. Remove from cookie sheets immediately; cool completely. Makes 18.

Sharon Brown

FRENCH BAKED DOUGHNUTS

1/4 c. margarine
1/2 c. sugar
1 egg
1 1/2 c. flour
2 1/2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk

Cream margarine and sugar; add egg. Add dry ingredients alternately with milk. Grease muffin tins well; fill 1/2 full. Bake at 350° for 20 to 25 minutes. Loosen and flip out of pan. While warm, dip in 1/2 cup melted margarine; then dip in a mixture of 1/2 cup sugar and 2 teaspoons cinnamon. Makes 1 dozen.

Connie Sewell

BAKE SALE CINNAMON ROLLS

Using White Bread recipe. Use 1 1/2 cups sugar instead of 1/2 cup. Add 1/2 teaspoon nutmeg or mace to ingredients. After it has raised the second time, do the following: Divide into 6 equal parts. Roll out each on board and sprinkle with cinnamon. Roll up, pinch closed and oil again. Slice the dough roll to make 12 pieces and arrange in oiled 9 x 12-inch pan which has the following mixture in the bottom:

3/4 c. brown sugar
1/2 c. pancake syrup, drizzled over brown sugar
4 Tbsp. margarine, melted
pecans or walnuts

Repeat the procedure for all the dough, using 6 pans. Let rise in warm place until double in size. Set on middle shelf of 400° oven and bake 18 to 20 minutes. Invert on waxed paper and allow to cool. Makes 72 rolls.

Peggy Shaffer

BREAKFAST TAKE-A-LONGS

2/3 c. oleo
2/3 c. sugar
1 egg
1 tsp. vanilla
1/2 tsp. salt
3/4 c. flour
1/2 c. wheat germ or chopped nuts
1/2 tsp. soda
1 1/2 c. uncooked oats
6 slices crisply fried bacon, crumbled
1 c. (4 oz.) shredded Cheddar cheese

Beat together oleo, sugar, egg and vanilla until blended. Add flour, soda and salt; mix well. Stir in oats, cheese, wheat germ and bacon. Drop by rounded tablespoons on greased cookie sheet; bake at 350° for 12 to 14 minutes or until edges are golden brown. Cool 1 minute on cookie sheet. Three of these provides 11% of the daily allowance for protein.

Barbara Jellison

30 MINUTE HAMBURGER BUNS OR ROLLS

3 1/2 c. warm water
6 Tbsp. yeast
3/4 c. sugar (more for cinnamon rolls)*
1 c. oil
1 Tbsp. salt
3 eggs, beaten
10 1/2 c. whole wheat flour (can substitute part white flour)

*Can substitute 1/2 cup honey for sugar.

Mix warm water, sugar, oil and yeast; let rest for 15 minutes. Add salt, eggs and flour. Shape into rolls. Let rise about 10 minutes. Bake at 425° for 10 minutes. Cinnamon rolls should be baked at 350° for 20 minutes.

Barbara Jellison

DROP DOUGHNUTS

3 c. flour
3 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. cinnamon
1 c. sugar
2 eggs
1 c. milk
1 tsp. vanilla
2 Tbsp. shortening

Cream sugar and shortening. Add eggs, milk and vanilla. Add dry ingredients and mix. Drop by teaspoon in hot fat.

Helen Bahre

NUT ROLLS

- 2 c. boiling water
- 1 c. oats
- 3 Tbsp. butter
- 1 1/2 tsp. salt
- 1 pkg. yeast
- 1/3 c. warm water
- 1 Tbsp. sugar
- 2/3 c. brown sugar
- 5 c. flour
- 1 c. chopped nuts

Pour boiling water over oats. Add butter and salt; cool. Dissolve yeast in warm water. Add 1 tablespoon sugar and let stand 5 minutes. Add brown sugar and yeast to first mixture. Gradually beat in flour. Add nuts. Turn out on floured board and knead. Let rise until double in bulk. Punch down and let rise again. Shape dough and place on greased cookie sheet. Let rise. Bake at 375° for 15 to 20 minutes.

Joan Fisher

JEWISH CHALLAH BRAID

- 1/4 c. warm water (not hot)
- 1 pkg. active dry yeast
- 1/2 c. lukewarm milk
- 1 Tbsp. sugar
- 1 tsp. salt
- 1 egg
- 1 Tbsp. soft shortening or butter
- 2 3/4 to 3 c. flour

In bowl dissolve yeast in water; stir milk, sugar, salt, eggs, shortening and 1/2 the flour into yeast. Mix until smooth. Add enough remaining flour to handle easily. Turn onto floured board, knead, let rise, shape into loaves and let rise again. Heat oven to 425°. Bake 25 to 30 minutes.

Joan Fisher

MINTA'S BUTTERMILK ROLLS

- 4 pkg. yeast
- 4 c. buttermilk
- 1 c. warm water
- 1 tsp. soda
- 4 slightly rounded tsp. salt
- 1/2 c. sugar
- 2 heaping Tbsp. lard or 3 Tbsp. shortening

Dissolve yeast in scalded buttermilk; cool and add warm water, soda and salt. Add sugar and lard or shortening. Add yeast mixture and enough flour to knead. Do not use too much flour. Keep dough just easy to handle. Let rise double in size and work out cool. Spread with cinnamon, sugar and thick cream. Let rise double again and bake at 375° for 10 to 15 minutes. Frost with powdered sugar made with cream and orange flavoring.

Loreta Dressel

<<< Extra Recipes >>>

Low-Calorie Dishes

Weights, Measures and Equivalents

EQUIVALENTS

Dash	less than 1/8 teaspoon
A few grains	less than 1/8 teaspoon
1 coffee spoon	¼ teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	¼ cup
5 tablespoons	⅓ cup
1 ½ ounce	1 jigger
½ jigger	1 pony
16 tablespoons	1 cup
1 cup	½ pint
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
1 pound	454 grams
2 pounds, 2 ounces	1 Kilogram (1000 grams)
1 cup baking powder	5 ½ ounces
1 pound flour	
all purpose	4 cups
cake	4 ½ cups
Graham	3 ½ cups
1 pound butter	2 cups
½ pound butter	2 sticks
1 stick butter	½ cup or 8 Tbsps.
¼ pound grated cheese	1 cup
1 pound cheese	2 ⅔ cups
1 pound brown sugar (1 box)	2 ½ cups
1 pound confectioners (1 box)	2 ½ cups
1 pound granulated sugar	2 cups
1 pound cube sugar	96-160 cubes
1 pound seeded raisins	2 ½ cups
1 pound seedless raisins	3 cups
1 pound coffee	5 cups yield 40-50 cups of coffee
1 pound rice	2 cups yield 3-4 cups cooked rice
1 pound cocoa	4 cups
1 square chocolate	1 ounce or 3 tablespoons grated chocolate
½ pound marshamllows	16 marshmallows
1 pound crab meat	2 cups
1 pound pitted dates	2 cups
1 pound figs (chopped)	3 cups

EQUIVALENTS

1 pound nut meats (chopped)	4 cups
1 cup noodles	1 ½ cups when cooked
1 egg	¼ cup
5 eggs	1 cup
9 eggs	1 pound
7-9 egg whites	1 cup
12-14 egg yolks	1 cup
1 lemon, ave. size	3 tablespoons juice
5-8 medium lemons	1 cup
1 lemon rind	1 tablespoon, grated
1 orange	2-3 tablespoons juice
3-4 medium oranges	1 cup juice
1 orange rind	2 tablespoons, grated
4 medium tomatoes	1 pound
3 large bananas (skin on)	1 pound
2 quarts apples	3 pounds
4 medium potatoes	1 pound
1 pound peas, in pod	1 cup when shelled
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs
1 pound cornmeal	3 cups
1 pound cornstarch	3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For development of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

Copyright © 1978 Fundcraft Publishing, Inc.

PORK CHOPS AND DRESSING

(Diabetic 3 Points A Serving)

1/3 c. carrots
1/3 c. celery
1/3 c. onion
2 Tbsp. oil
dash of red pepper
1/4 tsp. sage
dash of cinnamon
salt and pepper
1/3 c. English walnuts
1/4 c. raisins
3 c. bread crumbs
1 1/2 c. apples
2/3 c. chicken broth
4 pork chops

Saute carrots, celery and onion in 2 tablespoons of oil and dash of red pepper. Mix together sage, cinnamon, salt, pepper, walnuts and raisins. Mix bread crumbs and apples. Mix all ingredients in baking dish with chicken broth. Brown pork chops and lay on top of mixture; bake at 375° for 1 hour. Makes 4 servings.

Shirley Mosshart

COOL DESSERT

(Diabetic)

1 c. pecans
1 c. oleo
2 c. flour

Combine ingredients. Bake crust at 375°.

8 oz. cream cheese, softened
with 1/4 c. milk
dietetic sweetener equivalent
to 1 c.
3 pkg. instant pudding
3 c. milk
1 pkg. D-Zerta whipped
topping, prepared

On crust in a 9 x 13-inch pan layer cream cheese, pudding and D-Zerta topping. Sprinkle with chopped pecans. Refrigerate until ready to serve.

Shirley Mosshart

SUGAR-FREE PUMPKIN PIE

5 egg whites
2 c. 2% milk
1/2 tsp. vanilla
1/2 c. pumpkin
1/4 tsp. nutmeg
1/4 tsp. cinnamon
Cinna-Sweet (2 tsp. cinnamon
to 6 pkg. Sweet 'N Low)

Blend the egg whites and a small amount of milk, until just combined. (Do not overmix.) Add remaining milk, vanilla, pumpkin and spices, except Cinna-Sweet. Blend just enough to combine ingredients. Bake crust in one pie pan and filling in another. After crust cools completely, sprinkle crust with 1/2 of the Cinna-Sweet. Slide filling into the crust and sprinkle top with the rest of the Cinna-Sweet.

Shirley Mosshart

<<< Extra Recipes >>>

Cakes, Cookies & Confections

Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

Copyright © 1978 Fundcraft Publishing, Inc.

VELMA'S FRESH APPLE CAKE

3 c. flour
2 c. sugar
1 tsp. soda
2 1/2 tsp. cinnamon
3 eggs
1 c. salad oil
3 c. chopped tart apples
1 c. nut meats

Mix flour, sugar, soda and cinnamon well; add well beaten eggs, salad oil, chopped raw apples and nuts. Mix (do not use mixer). Bake in Bundt or loaf pan, greased, at 350° about 1 hour. Check at 45 minutes. Top with powdered sugar glaze.

Virginia Monroe

POOR MAN'S CAKE

1 c. sugar
1/2 c. shortening
1 tsp. cinnamon
1 c. raisins
3 c. flour
nuts (if desired)
1 c. hot water
1 tsp. soda

Put sugar, raisins, hot water and shortening in pan. Bring to boil and let cool. Add sifted flour and cinnamon. Add nuts; mix into raisin mixture. Bake at 375° for 25 to 30 minutes, in a 9 x 13-inch pan.

Virginia Monroe

DUMP CAKE

1 large can crushed pineapple
1 can cherry pie filling
1 pkg. yellow cake mix
1/2 c. nuts

Grease 9 x 13-inch pan. Dump undrained pineapple; spread to corners. Then dump in cherry pie filling; spread to corners. Dump in cake mix; spread evenly. Then scatter nuts over top. Cut two sticks of margarine in thin slices over top. Bake at 350° for 1 hour.

Virginia Monroe

HAWAIIAN CAKE

1 yellow cake, baked and cooled
1 (3 oz.) pkg. instant vanilla pudding
8 oz. cream cheese
1 (20 oz.) can crushed pineapple, drained
1 (9 oz.) carton Cool Whip
coconut

Mix vanilla pudding; add cream cheese and mix well. Spread on cake. Add pineapple; spread on top of pudding. Add Cool Whip across pineapple. Sprinkle with coconut. Chill and serve.

Patsy Oliver

MILLIONAIRE'S CHEESE CAKE

1 (8 oz.) Philadelphia cream cheese
3 eggs
1 1/8 c. white sugar
1 Tbsp. vanilla
1 tsp. lemon juice

Filling: Combine ingredients. Beat until light and spread over crust. Bake until done. Remove from oven. Cool 5 minutes. Pour topping over cake. Bake 5 minutes longer. Refrigerate 5 hours.

2 c. graham cracker crumbs
1/3 c. melted butter
3 Tbsp. powdered sugar

Crust: Mix well.

1 c. cultured sour cream
3 1/2 Tbsp. sugar
1 tsp. vanilla

Topping: Mix well. Spoon cherries over top before serving.

Chris Powers

HARVEST LOAF CAKE

1 3/4 c. flour
1 tsp. soda
2 tsp. pumpkin pie spice
1/2 tsp. salt
3/4 c. semi-sweet chocolate morsels
3/4 c. nuts, chopped (pecans or walnuts)
1/2 c. butter
1 c. sugar
2 eggs
3/4 c. canned pumpkin

Grease bottom of 9 x 5-inch loaf pan. Combine flour, soda, salt and spices. Cream butter; add sugar and eggs. Beat well. Blend in dry ingredients alternately with pumpkin, beginning and ending with dry ingredients. Stir in chocolate and 1/2 cup nuts. Turn into prepared pans. Sprinkle with 1/4 cup nuts. Bake at 350° for 65 to 75 minutes. Cool. Drizzle with glaze. Let stand 6 hours before slicing.

Spice Glaze:

1/2 to 1 c. powdered sugar
1/8 tsp. nutmeg
1/8 tsp. cinnamon
milk or cream

Combine powdered sugar, nutmeg and cinnamon. Add enough milk or cream to make a smooth glaze.

Janiece Rowland

CARROT CAKE

3 large carrots, grated
1 1/3 c. sugar
1/3 c. shortening
1/2 c. raisins
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. salt
1 1/3 c. cool water
1/2 tsp. baking soda
2 c. sifted flour
1 c. chopped nuts

Cook carrots, sugar, shortening, raisins, cinnamon, nutmeg, cloves, salt and cool water over low heat 20 minutes. Cool and add soda mixed with flour. Mix well; then stir in nuts. Bake 1 hour at 325°.

LaVon Sparks

CHESS CAKE

1 stick oleo (soft)
1 Duncan Hines yellow cake mix
1 egg
1 box powdered sugar
3 eggs
8 oz. cream cheese

Mix oleo, cake mix and egg; place in greased and floured pan, 9 x 13-inches. Mix powdered sugar, eggs, one at a time, and cream cheese. Put this mixture over the top of other. Bake at 325° for 40 minutes.

Beth Bolton

WESTERN CAKE

3 sticks (1 1/2 lb.) oleo
1 lb. carton powdered sugar
6 eggs
1 powdered sugar carton sifted flour
1 tsp. lemon juice
1 Tbsp. vanilla

Have eggs and oleo at room temperature. Cream oleo; add powdered sugar. Beat until fluffy. Add eggs, one at a time; beat well after each addition. Sift flour 3 times. Add gradually to batter; add flavoring and mix well. Bake in 10-inch greased tube pan at 325° for 1 1/2 hours. Cool 7 minutes; then invert pan.

Banana Western: Omit lemon; blend in 3/4 cup mashed bananas and 2/3 cup chopped pecans.

Strawberry Western: Omit lemon; blend in 1 box sweetened frozen strawberries, thawed and well drained.

Pineapple Western: Omit lemon; blend in one No. 1 can crushed pineapple, drained.

Beth Bolton

FILLED COFFEE CAKE

1 stick margarine
1 c. sugar
1 c. cultured sour cream
2 c. sifted flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

Filling:

1/3 c. brown sugar
1/3 c. white sugar
1 c. nuts

Cream margarine and 1 cup sugar. Add sour cream and mix well. Sift together dry ingredients and add to creamed mixture with vanilla. Mix well. Combine filling. Pour half of batter in greased and floured 8 x 12-inch pan; sprinkle half of filling over it. Pour remaining batter on top, then remaining filling. Bake 45 minutes in preheated 350° oven.

Betty Ann Wilson

TURTLE CAKE

1 box German chocolate cake mix
1/2 stick softened margarine
2/3 c. evaporated milk, divided
1 c. chopped pecans
1 (14 oz.) pkg. Kraft caramels
1 (6 oz.) pkg. milk chocolate chips

Mix cake as directed on package. Add to batter 1/3 of the evaporated milk and the margarine. Mix well. Pour half of the batter into greased and floured 9 x 13-inch pan. (Use cocoa to flour pan instead of flour.) Bake 10 minutes at 350°.

Melt caramels and the other 1/3 cup evaporated milk over medium heat. Stir. Remove cake from oven and pour caramel mixture evenly over cake. Sprinkle pecans evenly over caramel mixture. Sprinkle 1/2 the chocolate chips over the nuts. Pour remaining half of the batter evenly over the chips. Sprinkle remaining half of the chips over batter. Return cake to oven to bake 30 minutes. Needs no icing.

Betty Ann Wilson

UNBAKED CHRISTMAS FRUITCAKE

1 lb. graham crackers, crushed
1 lb. pecans, chopped
1 lb. English walnuts, chopped
1 lb. candied cherries, cut in quarters
1 small can flaked coconut
1 c. evaporated milk
1 c. sugar
1/4 lb. butter or margarine
1 c. raisins

Combine crackers, pecans, walnuts and cherries. Add coconut and raisins. Mix well. Combine milk, sugar and butter in boiler. Heat until butter melts. Pour over crumb mixture; mix well. Pack firmly in 9-inch tube pan lined with aluminum foil; chill. Remove from pan. Wrap well with foil. Yields 25 servings.

Rose Small

APPLE CRUNCH CAKE

2 c. chopped, peeled apples (3)
2 c. sugar
2 c. flour
2 eggs
1 c. corn oil
2 tsp. cinnamon
2 tsp. baking powder
1/2 tsp. salt
1 c. chopped nuts

Combine all ingredients. Mix well. Pour into greased and floured 9 x 12-inch pan. Bake in a preheated oven at 350° for 40 minutes.

Rose Small

SOUR CREAM PECAN COFFEE CAKE

1/2 c. butter or margarine
1 c. white sugar
2 eggs
1 tsp. vanilla
2 c. sifted flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
1 c. commercial sour cream

Topping:

1/3 c. brown sugar
1/2 c. white sugar
1 tsp. cinnamon
1 c. pecans, finely chopped

Cream butter or margarine and 1 cup white sugar. Add eggs and vanilla. Sift flour, soda, baking powder and salt. Add alternately with sour cream. Pour half of batter in 9 x 13-inch pan. Sprinkle with half of topping and repeat. Bake at 325° for 35 to 40 minutes.

Marlene Gloss

CHOCOLATE SHEET CAKE

1 c. water
2 sticks oleo
3 Tbsp. cocoa
2 c. flour
2 c. sugar
1/2 c. buttermilk
2 eggs
1 tsp. soda

Bring water, oleo and cocoa to a boil. Beat eggs. Add buttermilk and soda. Beat. Add dry ingredients and egg mixture to water mixture. Stir until smooth. Bake 30 minutes at 350°.

Frosting:

1 stick oleo
3 Tbsp. cocoa
6 Tbsp. milk

Heat oleo until melted. Add powdered sugar to right consistency.

Lori Viramontez

TWINKLE CAKE

1 box yellow cake mix with pudding	1/2 c. Crisco
5 Tbsp. flour	1/2 c. oleo
1 c. milk	1/2 tsp. salt
1 c. sugar	1 Tbsp. vanilla

Bake cake mix according to directions on box in two 9 x 13-inch pans. Cook flour and milk until thick; cool. Mix together sugar, Crisco, oleo, salt and vanilla. Beat together until fluffy; then add cooled mixture and beat until light and creamy. Spread between layers of cooled cake. Store in refrigerator.

Connie Sewell

STRAWBERRY CAKE

1 cake mix (white or yellow)	3 eggs (one at a time)
1 pkg. strawberry jello	1/2 c. water
1/2 c. fresh or frozen strawberries	1/2 c. milk

Blend the ingredients well; then follow the directions on the cake mix for the length of time to beat the batter. Pour into 8-inch round pans or one 9 x 13-inch pan. Bake at 350° for 30 minutes.

Icing: Make powdered sugar icing, using crushed strawberries for the liquid and a little oleo.

Betty Ann Wilson

CHOCOLATE ICEBOX CAKE

3 bars sweet German chocolate (baking)	3 Tbsp. sugar
3 Tbsp. water	6 eggs, separated
	ladyfingers or pound cake

Line a loaf pan with wax paper so that the paper hangs over the edges of the pan. Line the pan with either ladyfingers or pound cake, sliced 1/2 inch thick. Melt the chocolate, water and sugar over low heat in a double-boiler just until melted. Remove from heat and add egg yolks, one at a time, until well mixed. Beat egg whites until stiff. Fold (very easily) egg white mixture into chocolate mixture, turning bowl as you scrape the sides of the bowl. Pour into loaf pan and add more ladyfingers or pound cake to cover top. Refrigerate overnight. To remove the cake from pan, simply pull on the wax paper strips until loosened. May be placed on cake stand with strawberries or cherries around the base. Serve with whipped cream.

Anita Southworth

CHOCOLATE CARAMEL CAKE

1 box German chocolate cake mix

Mix as stated on box. Bake 1/2 at 350° for 20 minutes.

1 pkg. caramels	1 stick oleo
1/3 c. milk	

Stir over low heat until melted. Pour over cake. Sprinkle with chocolate chips.

Put rest of cake mix on top and bake 20 minutes at 250°, then 10 minutes at 350°.

Cindy Dobbins

CARROT CAKE

2 c. flour	1 tsp. salt
2 c. sugar	4 whole eggs
2 tsp. soda	1 1/2 c. salad oil
2 tsp. cinnamon	3 c. grated raw carrots

Sift flour, sugar, soda, cinnamon and salt; add eggs, oil and carrots. Bake 40 minutes at 350°. Store in refrigerator.

Frosting:

1 (8 oz.) pkg. Philadelphia cream cheese	1 box powdered sugar
1 stick butter or oleo	2 tsp. vanilla
	1 c. chopped nuts (if desired)

Cream together the cream cheese, butter or oleo, powdered sugar and vanilla. Add nuts, if desired.

Cindy Dobbins

GRANDMA'S FRESH APPLE CAKE

2 c. chopped or ground raw apples
1 c. sugar
1 1/2 c. sifted flour
1 tsp. soda
1/2 c. chopped nuts
1/2 tsp. salt
1 egg
1/2 c. cooking oil
1 tsp. vanilla

Stir apples and sugar together in bowl. Let stand until juice forms. Sift flour, salt and soda together. Mix into apples and sugar mixture. Beat egg well and add with oil and flavoring to mixture. Stir well; pour into greased 8 x 8-inch pan. Bake at 350° for 40 to 45 minutes. Flaked coconut may be added. Almond is a good substitute for vanilla.

Frosting: Melt a 6 ounce package butterscotch chips in double boiler; spread on cake.

Cindy Dobbins

AUNT BETTY'S COFFEE CAKE

1 pkg. yellow cake mix with added pudding
4 eggs
3/4 c. oil
1 tsp. vanilla
3/4 c. water or milk
1 tsp. butter flavoring
3/4 c. chopped nuts
1 c. brown sugar, not packed
2 tsp. cinnamon

Mix chopped nuts, brown sugar and cinnamon together; set aside. Mix cake mix, eggs, oil, vanilla, water or milk and butter flavoring together all at once and beat for 4 minutes. Grease and flour a 9 x 13-inch pan or a Bundt pan. Pour 1/3 of the batter into pan and then 1/3 of the nut-sugar mix. Repeat, ending with nut-sugar mix sprinkled on top. Bake at 325° about 35 minutes.

Glaze:

3/4 c. powdered sugar
2 Tbsp. milk
1 tsp. butter flavoring

Mix all ingredients together. Poke a few holes in warm cake with a sharp knife and pour the glaze over it.

Helen Stockstill

GREEN TOMATO BARS

4 eggs	2 tsp. cinnamon
2 c. sugar	2 c. flour
1 c. oil	2 c. ground green tomatoes
1/2 tsp. salt	3/4 c. chopped nuts
2 tsp. baking soda	

Mix all together and pour into a Pam-sprayed cookie sheet. Bake at 350° for 35 minutes. Frost while warm.

Frosting:

2 Tbsp. oleo	1 tsp. vanilla
1 (3 oz.) pkg. cream cheese (at room temperature)	1 3/4 c. powdered sugar

Mix until creamy and spread on bars.

Helen Stockstill

COCONUT CARROT CAKE

2 c. unsifted all-purpose flour	3 eggs
2 1/2 tsp. baking soda	1 (8 oz.) can crushed pineapple and juice
2 tsp. cinnamon	2 c. grated carrots
1 tsp. salt	1 1/3 c. flaked coconut
1 c. oil	1/2 c. chopped nuts
2 c. sugar	

Mix flour, baking soda, cinnamon and salt. Beat oil, sugar and eggs thoroughly. Add flour mixture. Beat until smooth. Add pineapple, carrots, coconut and nuts. Pour into greased 13 x 9-inch pan. Bake at 350° for 50 to 60 minutes. Cool 10 minutes. Remove from pan. Cool on rack.

Hint: Toast coconut for frosting right after removing cake from oven.

Coconut Cream Frosting:

1 c. flaked coconut, toasted and cooled	3 c. sifted powdered sugar
1 (3 oz.) pkg. cream cheese	1 Tbsp. milk
1/4 c. butter	1/2 tsp. vanilla

Cream the cream cheese with butter. Alternately add powdered sugar and milk. Add vanilla. Beat until smooth. Add

1/2 of the coconut. Frost cake and top with the rest of the coconut.

Helen Stockstill

POPPY SEED CAKE

1/2 c. poppy seed
3/4 c. milk
3/4 c. butter
1 1/2 c. sugar
2 c. flour
1/2 tsp. salt
2 tsp. baking powder
1 tsp. vanilla
4 egg whites

Soak poppy seed in milk for 3 hours. Cream butter and sugar. Add seed and milk mixture. Add dry ingredients. Whip egg whites. Fold egg whites into mixture. Bake in 3 layer pans at 350° for 30 minutes.

Filling:

4 egg yolks
1 c. sugar
3 Tbsp. cornstarch
2 c. milk
pinch of salt

Cook until thick. Cool and put between layers.

Frosting:

1 1/2 c. powdered sugar
2 Tbsp. butter
milk (enough to make proper spreading consistency)

Mix well and frost cake.

Nedra Erskine

POUND CAKE

3 c. cake flour or 2 3/4 c. all-purpose flour
2 c. white sugar
1 tsp. baking powder
1 1/2 tsp. salt
1 c. eggs (4 or 5)
1 c. shortening

Mix ingredients for 2 minutes. Bake in a 10-inch greased tube pan for 1 1/4 hours at 325°.

Barbara Jellison

PEG PICKIN CAKE

- 1 box yellow cake mix
- 2/3 c. Wesson oil
- 4 eggs
- 1 can Mandarin oranges (with juice)

Mix and bake in 2 layer cake pans at 300° for almost 45 minutes or until done.

Frosting:

- 1 large container Cool Whip
- 1 medium can crushed pineapple, drained slightly
- 1 large pkg. vanilla pudding mix

Mix and frost cooled cake. Very moist and delicious. Store in refrigerator.

Treva Kintigh

QUICK AND EASY CHOCOLATE CAKE

- 2 c. sugar
- 2 c. flour
- 1 stick oleo
- 1/2 c. shortening
- 6 Tbsp. cocoa
- 1 c. water
- 2 eggs, beaten
- 1/2 c. buttermilk
- 1 tsp. vanilla

Mix sugar and flour thoroughly; set aside. Heat oleo, shortening, cocoa and water; stir until smooth. Add to flour and sugar mixture. Add eggs, milk and vanilla; beat until thoroughly blended. Pour into greased jellyroll pan. Bake 20 minutes at 400°.

Icing:

- 1 stick oleo
- 4 Tbsp. cocoa
- 6 Tbsp. milk
- 1 c. powdered sugar
- 1 c. nuts
- 1 tsp. vanilla

Heat oleo, cocoa and milk until smooth. Add this mixture to powdered sugar. Mix well; then add nuts and vanilla. Blend thoroughly.

Claudette Thompson

POPPY SEED CAKE

3 c. flour
2 1/2 c. sugar
1/2 tsp. salt
1 1/2 Tbsp. baking powder
3 eggs
1 1/8 c. vegetable oil
1 1/2 c. milk
1 1/2 tsp. poppy seed
1 1/2 tsp. almond flavoring
1 1/2 tsp. butter
1 1/2 tsp. vanilla

Mix flour, sugar, salt and baking powder. Mix eggs, oil and milk. Put mixtures together. Add seasonings. Bake 1 hour at 350° in a Bundt pan.

Virginia Frederiksen

LEMON EXTRACT CAKE

1 lb. butter
2 c. sugar
6 eggs, separated
2 (1 oz.) bottles lemon extract
1 lb. pecans
1 lb. candied cherries
1 lb. candied pineapple
1/2 c. white raisins (optional)
1 tsp. baking powder
3 c. flour (reserve 1/2 c. to dredge nuts and fruit)

Cream butter and sugar; add one egg yolk at a time, beating after each addition. Add lemon extract and beat. Add flour, a little at a time. Add fruits and nuts. Add stiffly beaten egg whites. Bake in slow 250° oven in 2 wax-paper-lined pans for 2 to 2 1/2 hours.

Helen Bahre

CARROT CAKE

2 c. sugar
2 c. flour
2 tsp. cinnamon
2 tsp. soda
dash of salt
4 eggs
1 1/2 c. oil
3 jars strained baby carrots

Combine sugar, flour, cinnamon, soda and salt; add eggs, oil and carrots. Pour into greased and floured sheet cake pan; bake for about 25 minutes at 375°.

Frosting:

- 1 stick butter
- 1 (8 oz.) pkg. Philadelphia cream cheese
- 1 lb. powdered sugar
- 1 tsp. vanilla

Blend with beater.

Burt Buchanan

HAPPINESS CAKE

- 1 c. Good thoughts
- 1 c. Consideration for others
- 2 c. Well beaten faults
- 1 c. Kind deeds
- 2 c. Sacrifice
- 3 c. Forgiveness

Mix thoroughly. Add tears of joy and sorrow. Flavor with love and kindness. Fold in 4 cups prayer and faith; blend well. Fold into daily life. Bake well with the warmth of human kindness and serve with a smile anytime.

Janet Koch

GERMAN CHOCOLATE CAKE

- 1 (4 oz.) pkg. German sweet chocolate
- 4 Tbsp. butter or margarine
- 1 c. sugar
- 3 1/2 Tbsp. cornstarch
- 1 2/3 c. milk
- 3 egg yolks
- 1 tsp. vanilla extract
- 1 1/2 c. flaked coconut
- 1 c. chopped nuts

In medium saucepan melt chocolate and butter or margarine over low heat, stirring constantly. In small bowl, blend sugar and cornstarch smoothly. Add milk and egg yolks; beat well with wire whisk until well blended. Gradually add sugar-milk mixture to melted chocolate. Cook over medium heat, stirring constantly until thick and smooth and mixture comes to the boiling point. Stir in vanilla extract, coconut and nuts. Cool. Pour into a 10-inch baked and cooled pastry or crumb pie shell. Top with meringue.

Meringue:

- 3 egg whites
- 1/4 tsp. cream of tartar
- 3 Tbsp. sugar

Beat egg whites until foamy; add cream of tartar and sugar gradually to egg whites, beating constantly until stiff.

Spoon meringue lightly onto chocolate filling, sealing at crust. Bake 8 to 10 minutes in preheated 400° oven.

Bert Buchanan

PUMPKIN PIE CAKE

1 yellow cake mix	1 egg
1 stick oleo	

Take out 1 cup cake mix for topping. To rest of cake mix add oleo and egg; mix and press in 9 x 13-inch pan. (Sticky; wet hands help.)

Filling:

2 eggs, beaten	2/3 c. sugar
2/3 c. evaporated milk	1 tsp. cinnamon
1/2 tsp. vanilla	1/2 tsp. salt
1 lb. can pumpkin	1/2 tsp. cloves

Topping:

1 c. cake mix	1/2 stick oleo
1/4 c. sugar	1/2 c. nuts
1 tsp. cinnamon	

Mix filling and put on crust. Mix topping and add. Bake at 350° for 45 minutes. (May take longer.)

Bert Buchanan

CUT-OUT SUGAR COOKIES

3 c. sifted all-purpose flour	3/4 c. sugar
1 tsp. baking powder	2 eggs
3/4 tsp. salt	1 tsp. vanilla
2/3 c. (1 1/3 sticks) butter	

Sift flour, baking powder and salt on wax paper. Beat butter with sugar in large bowl, with electric mixer, until light and fluffy. Beat in eggs and vanilla. Gradually stir in flour mixture at low speed or with wooden spoon until dough is stiff. Chill overnight. Roll out and cut.

Julie Tommer

GRANDMA TYLER'S SUGAR COOKIES

2 eggs
1 1/2 c. sugar
2 3/4 c. flour
2 tsp. cream of tartar
1 c. shortening
1 tsp. soda
1/2 tsp. salt
1 tsp. vanilla

Cream together and roll into balls; then roll in sugar. Place on cookie sheet and bake at 350° for 8 to 10 minutes.

Sharon Brown

TOLL OATS COOKIES

(Yield: 3 1/2 Dozen)

1 stick margarine
1/2 c. granulated sugar
1/2 c. packed brown sugar
1 egg
1 Tbsp. water
1/2 tsp. vanilla
3/4 c. flour
1/2 tsp. soda
1 1/2 c. rolled oats
6 oz. pkg. semi-sweet chocolate pieces
1/2 c. chopped nuts

Cream margarine. Add sugars, egg, water and vanilla. Sift flour and soda together. Add to creamed mixture and blend thoroughly. Add oats, chocolate pieces and nuts. Drop by teaspoonfuls onto a baking sheet. Bake in moderate 375° oven about 10 minutes. Do not overbake.

Pat Snyder

GUMDROP COOKIES

4 eggs, beaten
2 c. flour
1 c. nuts
2 1/2 c. light brown sugar
1/2 tsp. salt
36 small gumdrops

Cut gumdrops (small spiced, except black) into fourths. Beat eggs; add sugar. Mix well. Then add other ingredients. Batter is very thick and sticky. Spread on a greased cookie sheet, 1/2-inch thick. Bake 20 minutes in moderate 350° oven. Cut while warm. Do not overbake.

Shirley Mosshart

CARROT COOKIES

2 c. flour
2 tsp. baking powder
1/4 tsp. salt
3/4 c. shortening
3/4 c. sugar
1 c. carrots, mashed
1/2 tsp. vanilla
1 egg

Mix shortening, sugar and egg together. Add rest of ingredients; mix well. Drop on cookie sheet. Bake in 350° oven for 10 to 12 minutes. Frost with Orange Icing.

Orange Icing:

2 1/2 tsp. orange juice
1 tsp. orange rind
1 1/2 tsp. butter
powdered sugar

Mix orange juice, orange rind, butter and powdered sugar to spreading consistency.

Patsy Oliver

BASIC SUGAR COOKIES

1/2 c. butter
1/2 c. shortening
1 c. sugar
3 eggs
1 1/2 tsp. vanilla
3 1/2 c. flour
1 tsp. soda
2 tsp. cream of tartar

Cream butter, shortening and sugar. Add eggs and vanilla. Add dry ingredients. Chill dough 2 to 3 hours. Roll out 1/8 inch thick and cut. Bake at 375° for 8 to 10 minutes.

Patsy Oliver

POTATO CHIP COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 well beaten eggs
2 c. flour
2 c. crushed potato chips
1 small pkg. butterscotch chips
1 tsp. soda

Cream shortening, sugar and eggs. Add flour and soda. Mix well; add potato chips and butterscotch chips. Shape into balls the size of walnuts. Bake 10 to 12 minutes at 325°.

Patsy Oliver

CATHEDRAL COOKIES

1 egg, well beaten
2 Tbsp. oleo or butter
1 c. powdered sugar
6 oz. butterscotch chips

Mix well on low heat; stir constantly until melted. Then cool. Stir in 4 cups of colored marshmallows and 1 cup of ground nuts. Roll 1/2 of mixture into 1 1/2-inch logs in graham crackers. Roll into wax paper and refrigerate, until ready to serve. Then slice to desired thickness.

Shirley Mosshart

SUGAR AND SPICE COOKIES

1 1/2 c. shortening
2 c. white sugar
2 eggs
1/2 c. light molasses
4 c. flour
1 1/2 tsp. ground cloves
1/2 tsp. cinnamon
1 1/2 tsp. ginger

Mix the shortening, white sugar, eggs and molasses. Add flour, cloves, cinnamon and ginger. Shape into balls. Roll in sugar. Bake 12 to 15 minutes at 350°.

Janiece Rowland

CHOCOLATE CHIP PEANUT BUTTER COOKIES

1 c. flour
1/2 tsp. soda
1/4 tsp. salt
1/2 c. oleo
1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 c. peanut butter
1 Tbsp. cold water
1/2 tsp. vanilla
1 c. chocolate chips

Cream oleo and sugars. Add egg, water, vanilla and peanut butter. Mix. Add dry ingredients. Add chocolate chips. Drop by spoonful. Bake 12 to 15 minutes at 350°.

Lori Viramontez

PEANUT BUTTER COOKIES

2 sticks butter
1 c. white sugar
1 c. brown sugar
1 tsp. vanilla
2 eggs, beaten
2 c. peanut butter
3 c. flour
2 tsp. soda

Cream together butter and sugars. Add vanilla and eggs, one at a time. Blend in peanut butter and mix well. Sift flour and soda. Mix with peanut butter mixture. Roll into balls and press with fork to form crisscross on top. Bake at 375° about 10 minutes. Do not overbake. Makes about 6 dozen.

Margaret Oden

PECAN SANDIES

1 c. shortening
1/3 c. sugar
2 tsp. water
2 tsp. vanilla
2 c. flour
1 c. pecans

Mix all ingredients. Drop onto ungreased cookie sheet. Bake at 325° for 20 minutes. Makes about 5 dozen.

Connie Sewell

BUTTERSCOTCH PECAN COOKIES

1 c. margarine
2 c. brown sugar
2 eggs
2 tsp. vanilla
3 c. flour
1 5/8 c. chopped pecans
2 tsp. baking powder

Cream margarine and sugar. Add eggs and vanilla until well blended. Add flour and pecans. Drop onto greased baking sheet. Bake 10 to 12 minutes at 375°. Yields 6 dozen. If desired, frost with Burnt Butter Frosting.

Burnt Butter Frosting:

4 1/2 Tbsp. margarine or butter
2 1/4 c. powdered sugar
2 tsp. vanilla
1/4 c. hot water

Heat margarine or butter until golden brown. Blend in sugar. Add vanilla and water. Beat until right consistency to spread. Add more water, if necessary.

Linda Williams

PEANUT BUTTER KISSES

1/2 c. shortening
1/2 c. peanut butter
1/2 c. white sugar
1 egg
2 Tbsp. milk
1 3/4 c. flour

1/2 c. brown sugar
1 tsp. soda
1 tsp. vanilla
1/2 tsp. salt

Cream together shortening, sugars, peanut butter, egg, milk and vanilla. Sift flour, soda and salt; then mix into creamed mixture. Make into balls. Roll in sugar and place on cookie sheet; bake for 8 minutes at 350° to 375°. Then remove from oven and place a chocolate candy kiss on top of each; press them down so cookie cracks around the edges. Return to the oven so that they can finish baking.

Peggy Shaffer

QUICK LEMON COOKIES

2 c. flour
3/4 tsp. soda
1/4 tsp. salt
3/4 c. shortening
1 c. sugar
2 (3 oz.) pkg. lemon instant pudding

Cream shortening, sugar, eggs and pudding until light and fluffy. Sift together other ingredients and add to first mixture. Drop by teaspoonfuls on greased baking sheet. Bake at 375° for 8 to 10 minutes. Makes 5 to 6 dozen.

Anita Southworth

HI-ENERGY COOKIE BAR

1/2 c. honey
1/3 c. packed light brown sugar
1/4 c. butter or margarine
5 c. bran flakes with raisins, slightly crushed
1 (3 1/2 oz.) can flaked coconut
1 (4 oz.) can walnuts, chopped
1 c. dried apricots, chopped and mixed with 1/4 c. all-purpose flour
2 large eggs, well beaten

Heat oven to 400°. Grease 13 x 9 x 2-inch baking pan. Stir honey, sugar and butter in medium-size saucepan over medium heat until sugar dissolves. In large bowl, toss bran flakes, coconut, walnuts and apricot-flour mixture. Pour in warm honey mixture; stir in eggs and mix to coat evenly. Press firmly into prepared pan. Bake until golden brown, about 15 to 20 minutes. Cool 10 minutes; cut into 24 bars.

Anita Southworth

ROSEMARY'S PEANUT PUFFS

(A Family Favorite)

- 2 c. sugar
- 4 eggs, separated
- 2 c. cake flour
- 2 tsp. baking powder
- 1 c. boiling water
- 2 lb. salted peanuts

Beat egg whites stiff. Add sugar; then beat in egg yolks. Fold in flour and baking powder, sifted together. Lastly beat in boiling water and bake at 320° for 45 minutes. When cake has cooled, cut in squares and frost with powdered sugar frosting on all sides of each square. Then roll in ground salted peanuts.

Delpha Engelland

SUGAR COOKIES

- 1 1/2 c. powdered sugar
- 1 c. butter
- 1 tsp. almond or lemon flavoring
- 1 tsp. vanilla
- 1 egg
- 2 1/2 c. flour
- 1 tsp. cream of tartar
- 1 tsp. baking soda

Cream sugar and butter together. Add flavoring and egg. Mix well. Sift flour, cream of tartar and soda together. Combine and refrigerate for 2 to 3 hours. Roll out and cut with cookie cutters. Bake on a lightly greased cookie sheet at 375° for 7 to 8 minutes.

Pat Johannsen

AMISH SUGAR COOKIES

- 1 c. white sugar
- 1 c. powdered sugar
- 1 c. margarine
- 1 c. cooking oil
- 2 eggs
- 4 1/2 c. flour
- 1 tsp. soda
- 1 tsp. cream of tartar
- 1 tsp. vanilla
- 2 tsp. almond extract

Combine white sugar, powdered sugar, margarine and cooking oil. Beat well; add rest of ingredients. Mix well. Shape into small balls and drop on cookie sheet; flatten with fork. Bake at 350° for 8 minutes.

Chris Powers

PINEAPPLE DROP COOKIES

2/3 c. shortening
1 c. brown sugar
1 tsp. vanilla
1 egg, well beaten
1 tsp. salt
2 c. sifted flour
2 1/2 tsp. baking powder
1 c. crushed pineapple, undrained
1 c. quick oats
1 c. nuts, chopped

Blend shortening, brown sugar, vanilla and eggs. Cream well; add flour mixture with pineapple. Mix well. Add oats and nuts. Drop by heaping teaspoon on greased cookie sheet and bake at 350° for 15 to 18 minutes.

Barbara Jellison

SOUR CREAM CHOCOLATE DROPS

1/2 c. shortening
1 1/2 c. sugar
2 eggs
1/2 c. cocoa
1/2 tsp. salt
1 tsp. vanilla
1 c. sour cream
2 3/4 c. flour
1/2 tsp. soda
1/2 tsp. baking powder
nuts

Sift dry ingredients together and set aside. Cream sugar and shortening; add eggs and vanilla. Beat well. Add sour cream and flour mixture alternately. Drop by teaspoons on lightly greased cookie sheet. Bake at 350° for 8 to 10 minutes. Do not overbake. These are especially good with a chocolate icing.

Marcella Homan

DELICIOUS COOKIES

1 c. brown sugar
1 c. white sugar
1 c. oleo
1 c. vegetable oil
1 egg
2 tsp. vanilla
1/2 tsp. butter flavoring
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar
1 c. coconut
1 c. oats
3 1/2 c. flour
1 c. Rice Krispies

Mix together and drop by teaspoons on a cookie sheet. Bake at 350° for 12 minutes.

Marcella Homan

PINEAPPLE COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
1 tsp. vanilla
7 or 8 oz. can crushed
pineapple, undrained
1 tsp. soda
1 c. nuts
4 c. flour
1/4 tsp. salt

Cream shortening and sugars. Add eggs and vanilla; mix well. Add pineapple. Sift dry ingredients and add to mixture. Add nuts. Drop on cookie sheet. Bake at 350° to 375° for 8 to 10 minutes.

Marcella Homan

SYRUP COOKIES

1/2 c. shortening
1/2 c. dark brown sugar,
packed
1/4 c. molasses
1/4 c. pancake syrup
1/4 c. sour milk
2 c. flour
1/2 tsp. soda
1/8 tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1 egg

Cream shortening; gradually add sugar. Then add spices and blend thoroughly. Add egg; then add the syrup and molasses. When well blended, alternately add flour and sour milk. Drop on cookie sheet and bake at 350° for 15 minutes.

Claudette Thompson

FRUIT COCKTAIL COOKIES

1 c. shortening
1 c. brown sugar
1/2 c. white sugar
3 eggs
1 c. raisins, cooked until dry
2 c. drained fruit cocktail
1 c. nuts
1 tsp. vanilla
4 c. flour, sifted
1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon

Mix shortening, sugars and eggs well. Add fruit, nuts and vanilla. Add flour, baking powder, soda, salt and cinnamon, sifted together. Drop by teaspoon onto cookie sheet. Bake at 400° for 10 minutes.

Betty Fry

FRENCH COOKIE DOUGH

(Pate Sucre)

1 lb. butter	4 eggs
2 1/4 c. sugar	7 c. flour
1 tsp. vanilla	1 tsp. baking powder

Rub together butter and sugar well; add vanilla and mix in. Add eggs, one at a time, and mix well. Add flour to which baking powder has been added. Mix well. Will be a stiff dough. Roll out on a floured board and cut into shapes. Bake at 325° until lightly browned. These cookies will hold their shape when making ones with designs. Yield: About 8 dozen.

Mickey Partington

NO TROUBLE COOKIES

1 pkg. lemon cake mix	1 medium container frozen topping
1 egg	

Thaw topping. Mix all ingredients. Roll into balls and dip in powdered sugar. Bake at 350° for 15 minutes. Other flavors of cake mix can be substituted for the lemon.

Mickey Partington

CHOCOLATE SHOT COOKIES

1 c. butter	1 1/2 c. flour
1 c. powdered sugar	1/2 tsp. soda
2 tsp. vanilla	1 c. rolled oats

Cream butter; add sugar and vanilla. Then add flour, soda and oatmeal. Shape into rolls and roll in chocolate shot pieces. Chill thin slices and place on cookie sheet (ungreased). Bake 25 minutes at 325°.

Kendra Biggs

CHOCOLATE MARSHMALLOW COOKIES

1 3/4 c. flour	1 egg
1/2 tsp. soda	1/2 c. milk
1/2 tsp. salt	1/2 c. chopped pecans (optional)
1/2 c. cocoa	

1/2 c. shortening
1 c. sugar
1 tsp. vanilla

Sift flour, soda, salt and cocoa. Cream sugar and shortening; then add egg. Mix in flour mixture and milk alternately. Add nuts and vanilla. Drop by spoonfuls on cookie sheet. Bake 5 to 7 minutes; top with 3 or 4 miniature marshmallows and return to oven for 1 to 2 minutes. Take from oven and let stand for a few minutes. Frost with:

1 1/2 c. powdered sugar
3 Tbsp. cocoa
3 Tbsp. milk
3 Tbsp. melted oleo
1/2 tsp. vanilla

Janet Koch

BANANA COOKIES

3/4 c. brown sugar
3/4 c. shortening
1 egg
1 tsp. vanilla
2 ripe bananas
1/4 tsp. salt
1 tsp. soda
2 c. flour

Cream shortening and sugar; add egg, vanilla and bananas. Beat. Add dry ingredients. Bake on greased cookie sheets for 10 minutes at 350°.

Pam Powell

ORANGE BALLS

1 lb. box vanilla wafers, crushed fine
1 lb. powdered sugar
1 stick oleo
1 small (6 oz.) can frozen orange juice

Add wafers and powdered sugar to stick of softened oleo. Add undiluted, thawed orange juice and mix well. Roll into balls, 1-inch size. These can be rolled in powdered sugar, chopped coconut or chopped pecans, or left plain. Store in cool place.

Mickey Partington

ENERGY SAVER BARS

2 c. oatmeal
1/4 c. honey
3 Tbsp. margarine
1/2 c. peanut butter
3 c. miniature marshmallows
1 c. raisins

Toast oats in shallow baking pan in 350° oven about 15 minutes or until golden brown. Line 9 x 9-inch pan with aluminum foil. Melt butter, peanut butter, honey and marshmallows over low heat, stirring constantly. Remove from heat. Stir in toasted oats and raisins. Put in prepared pan; spread evenly. Chill until firm. Remove foil and cut in squares.

Julie Tommer

CHOCOLATE CARAMEL BARS

1 pkg. Kraft caramels	1 c. nuts
2/3 c. canned milk	1 c. chocolate chips
3/4 c. oleo	

In saucepan melt caramels with 1/3 cup canned milk, stirring constantly over low heat until melted; set aside. Mix 1 package German chocolate cake mix with the melted oleo; add the nuts. Press half the mixture into a greased 13 x 9 1/2 x 2-inch pan. Bake at 350° for 6 minutes.

Remove from oven and spread the melted caramels, then the chocolate chips and the remainder of cake mixture over this. Bake 15 to 18 minutes at 350°. Cut while hot. When cool, can be kept in the refrigerator.

Bert Buchanan

LEMON CHEESE BARS

1 yellow cake mix with pudding	1 (8 oz.) cream cheese
1 egg	1/3 c. sugar
1/3 c. oil	2 Tbsp. lemon juice

Mix cake mix, egg and oil until crumbly; reserve 1 cup for later. Pat into ungreased 9 x 13 x 2-inch pan. Bake 15 minutes at 350°. Beat cream cheese, sugar and lemon juice until light and smooth. Spread over baked layer. Sprinkle crumb mixture on top. Bake 15 minutes longer. Cool and cut into squares or oblong pieces.

Sharon Brown

HEATH BARS

24 soda crackers	1 c. butter
1 c. brown sugar	6 oz. milk chocolate chips

Line 9 x 13-inch pan with foil. Spread crackers in single layer on bottom of pan. Melt butter in small heavy pan. Add brown sugar, bring to a boil and boil 3 minutes, stirring constantly. Pour over crackers. Place in 400° oven 5 minutes (until crackers float). Let cool a minute or two and spread chocolate chips on top. Allow to melt and spread. Cool until hardened.

Virginia Monroe

SCOTCH BARS

1/2 c. oleo
1/4 c. white sugar
1/4 c. brown sugar
1 egg
1/2 c. flour
1/2 c. quick oatmeal
1/2 tsp. vanilla
1 (6 oz.) pkg. chocolate chips
1/2 c. chopped nuts

Cream oleo, white sugar and brown sugar. Add egg and beat well. Add flour, oatmeal and vanilla. Spread in 8-inch square pan. Bake 25 minutes at 350°. Let cool about 10 minutes; then melt chocolate chips. Spread on top and sprinkle nuts on top. Cool and cut into bars.

LaVon Sparks

MICROWAVE CHERRY MASH BARS

1 c. sugar
2 Tbsp. butter or margarine
1/4 tsp. salt
1/3 c. undiluted evaporated milk
1 c. miniature marshmallows
1 c. cherry chips
1 c. chocolate chips
1/2 c. peanut butter
1 c. salted peanuts, chopped

Combine sugar, butter or margarine, salt and evaporated milk in a 2-quart batter bowl. Cook on Full power for 5 minutes, stirring every 2 minutes. Stir in marshmallows and cherry chips. Stir until smooth.

Spread in an 8 x 8-inch square dish which has been lined with parchment paper. Combine chocolate chips and peanut butter in a 1-quart batter bowl. Cook on 50% power for 2 to 4 minutes. Spread over cherry layer. Refrigerate until cool. Remove from dish and cut into squares.

Rose Small

MICROWAVE MOUND BARS

- 1/2 c. butter or margarine, melted on Full power 1 minute
- 2 c. graham cracker crumbs
- 1/4 c. granulated sugar
- 2 2/3 c. flaked coconut
- 1 (14 oz.) can sweetened condensed milk
- 2 c. milk chocolate chips

Combine cracker crumbs, sugar and melted butter or margarine. Press into the bottom of an 8 x 12-inch glass dish. Combine coconut and sweetened condensed milk. Spread over crust in pan. Cook on 50% power for 10 to 15 minutes or until set. Sprinkle chips over cooked mixture and let stand 2 to 3 minutes to melt chips. Spread chocolate with a knife. Refrigerate until cool. Cut into squares.

Rose Small

CHOCOLATE CHIP BLONDE BROWNIES

- 2/3 c. melted butter
- 2 c. brown sugar, firmly packed
- 2 eggs, well beaten
- 2 tsp. vanilla
- 2 c. sifted flour
- 1 tsp. baking powder
- 1/4 tsp. soda
- 1/2 tsp. salt
- 1 (6 oz.) pkg. chocolate chips

Pour melted butter into a bowl. Add brown sugar, eggs and vanilla. Mix well. In a separate bowl sift together flour, baking powder, baking soda and salt. Add dry ingredients to shortening mixture. Mix thoroughly. Spread mixture into 9 x 13-inch pan. Sprinkle chocolate chips evenly over top. Bake at 350° for 20 minutes.

Betty Ann Wilson

BUTTERMILK CINNAMON BARS

- 1 1/4 c. white sugar
- 3/4 c. brown sugar
- 2 c. flour
- 1/2 c. butter, softened
- 1/2 c. coconut, flaked
- 1/2 c. nuts, chopped
- 1 egg, well beaten
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1 c. buttermilk
- 1 tsp. vanilla

Combine the sugars, flour and butter. Mix as you would for pastry. Combine 2 cups of this mixture with coconut and nuts. Press lightly in bottom of a greased 9 x 13-inch pan. Set aside. Combine remaining ingredients. Stir in remaining butter mixture and spread over first layer in pan. Bake at 350° for 45 minutes. While still warm, frost with a thin powdered sugar icing. Cut into bars.

Rose Small

HELLO DOLLY BARS

1 stick butter or oleo
1 c. chocolate chips
1 c. graham cracker crumbs
1 c. butterscotch chips
1 c. shredded coconut
1 c. nuts, chopped
1 c. sweetened condensed milk (Eagle Brand)

In 10 x 13-inch cake pan melt the butter. Let cool slightly and sprinkle the cracker crumbs over. Sprinkle each of the following over the crumbs, one upon the other: chocolate chips, butterscotch chips, coconut, nuts and milk. Do not stir. Bake for 25 minutes at 350°. Cut into bars and serve.

Cindy Dobbins

PEANUT LOGS

1 c. granulated sugar
1 c. white syrup
1 c. peanut butter
4 c. Wheaties
2 c. Rice Krispies
1 c. salted peanuts
1/4 c. butter

Combine sugar and syrup in large saucepan. Heat until sugar dissolves. Stir in peanut butter; stir until melted. Then add cereals and peanuts. Mix well. Press into large cake pan (9 x 13-inches).

Mickey Partington

SNICKER BARS

1 pkg. caramels
1/3 c. milk
1/3 c. Pet milk
1 stick oleo, melted
1 pkg. German chocolate cake mix
12 oz. milk chocolate chips
3/4 c. nuts

Melt and set aside caramels and milk. Mix Pet milk, oleo and cake mix. Pour 1/2 batter in 9 x 13-inch pan. Bake at 350° for 6 minutes. Add chocolate chips. Add nuts. Pour caramel mixture over this and rest of cake batter. Bake 15 to 20 minutes.

Pam Powell

TOFFEE BARS

2/3 c. melted butter	4 c. oatmeal
1 c. brown sugar	1/2 c. light corn syrup
1 tsp. salt	3 tsp. vanilla

Mix well and press into 9 x 13-inch pan. Bake for 10 minutes in 350° oven. Cool.

Topping:

6 oz. pkg. chocolate chips	2/3 c. peanut butter

Melt in double boiler and spread over bars.

Marlene Gloss

LEMON SQUARE BARS

1/2 c. oleo	1 c. flour
1/4 c. powdered sugar	

Press in 8 x 11-inch pan and bake for 12 minutes at 350°.

Filling:

4 eggs, beaten	4 Tbsp. flour
6 Tbsp. lemon juice	1 tsp. baking powder
2 c. sugar	

Pour this over crust and bake at 350° for 25 minutes.

Marlene Gloss

PECAN-RIBBON BROWNIES

Filling:

1 egg white	2 c. finely chopped pecans
1 Tbsp. water	1 Tbsp. flour

1 tsp. vanilla
1/2 c. sugar
3/4 tsp. salt

Beat egg whites until foamy with water and vanilla. Gradually beat in sugar. Mix pecans, flour and salt. Fold into egg white mixture.

Brownie:

1/2 c. sugar
1/3 c. shortening
3 Tbsp. water
1 (6 oz.) pkg. (1 c.) chocolate chips
1 tsp. vanilla
2 eggs
3/4 c. sifted flour
1/4 tsp. soda
1/2 tsp. salt

Bring sugar, shortening and water just to a boil, stirring constantly; remove from heat. Blend in chocolate chips and vanilla. Beat in eggs, one at a time. Sift flour, soda and salt; stir in gradually.

Spread 3/4 of brownie mix in greased 9-inch square pan. Spread with filling. Top with remaining brownie mix. Bake at 350° for 25 minutes. Cool. Makes 36 (1 1/2-inch) squares.

Rosalie LeClerc

COCOA BROWNIES

2 c. sugar
4 eggs
2/3 c. oleo
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla
1 1/2 c. flour
1/2 c. cocoa

Cream sugar and oleo. Add eggs and vanilla. Stir in rest of ingredients; bake in greased 9 x 13-inch pan at 350° for 45 minutes. Frost as desired.

Lori Viramontez

GERMAN CHOCOLATE-CARAMEL BARS

1 (14 oz.) pkg. caramel candies
1/3 c. evaporated milk
1 German chocolate cake mix
3/4 c. oleo, melted
1/3 c. evaporated milk
1 c. chopped nuts

Mix German chocolate cake mix (don't use cake mix directions) with oleo, 1/3 cup milk and nuts. Grease a 9 x 13-inch pan. Press 1/2 dough in pan. Bake at 350° for 6 minutes. Sprinkle 1 cup chocolate chips on baked dough. Spread on caramel and 1/3 cup evaporated milk mixture. Crumble other 1/2 dough over top. Bake 15 to 18 minutes longer. Cool. Cut and refrigerate.

Connie Sewell

COCONUT PECAN BARS

1 1/2 c. margarine
3/4 c. brown sugar
2 1/2 c. flour

Blend ingredients until mixture resembles coarse meal. Press even layer of mixture into 9 x 13-inch cookie sheet. Bake until light brown, 15 to 20 minutes.

4 eggs
1/2 c. flour
1 1/2 tsp. baking powder
1 tsp. salt
2 1/2 c. brown sugar
4 oz. coconut
1 1/2 tsp. vanilla
6 oz. pecans, chopped

Combine ingredients to form topping. Spread over baked crust. Bake 20 to 25 minutes. Cool. Cut into bars. Makes 48 (2 x 2-inch) bars or 64 (1 x 3-inch) bars.

Linda Williams

SWISS CHOCOLATE SQUARES

1 c. water
1/2 c. oleo
4 Tbsp. cocoa
2 c. flour
2 c. sugar
2 eggs
1 tsp. baking soda
1/2 tsp. salt
1/2 c. sour cream

Combine water, oleo and chocolate in saucepan; bring to a boil. Remove from heat. Stir in flour and sugar. Add eggs, sour cream, soda and salt; mix well. Pour into jellyroll pan. Bake at 375° for 20 minutes.

Frosting:

1/2 c. oleo
6 Tbsp. milk
4 Tbsp. cocoa
4 1/2 c. powdered sugar
1 tsp. vanilla

Combine oleo, milk and cocoa in a saucepan; boil 1 minute. Remove from heat; add powdered sugar. Beat until smooth. Stir in vanilla.

Cindy Dobbins

EASY BROWNIES

1 stick oleo
1 c. sugar
4 eggs
1 c. plus 1 Tbsp. flour
1 tsp. vanilla
1 can Hershey's chocolate syrup

Beat together oleo, sugar and eggs. Add flour, vanilla and chocolate syrup. Bake at 350° for 30 minutes.

Frosting:

6 Tbsp. butter
6 Tbsp. milk
1 1/2 c. sugar
1/2 c. chocolate chips
1/2 c. nuts

Boil butter, milk and sugar for 2 minutes. Add chocolate chips and nuts.

Marcella Homan

PEANUT BUTTER GOLDEN BROWNIES

2 1/4 c. flour
2 1/2 tsp. baking powder
1/2 tsp. salt
2/3 c. butter
2/3 c. peanut butter
1 1/4 c. sugar
1 1/4 c. brown sugar
1 tsp. vanilla
3 eggs
12 oz. chocolate chips

Combine butter, sugar and vanilla. Beat eggs in 1 at a time. Then add remaining ingredients (only 1/2 of chocolate chips). Bake at 350° for 35 minutes. Pour other 1/2 chocolate chips on top of brownies and put in hot oven for 1 minute or so. Spread to make frosting. Delicious!

Kendra Biggs

CREAMY ICING

2 Tbsp. water
4 1/2 Tbsp. granulated sugar
2 1/3 c. sifted powdered sugar
1 egg
2/3 c. Crisco
1 tsp. vanilla

Boil water and granulated sugar until sugar is dissolved. Mix powdered sugar and egg in mixer. Add syrup and blend. Add Crisco and vanilla. Beat until creamy.

Rosalie LeClerc

PEANUT BUTTER CRUNCHIES

- 1 stick oleo
- 2 c. crunchy peanut butter
- 1 box powdered sugar
- 3 c. Wheaties
- 1 (6 oz.) pkg. chocolate chips
- 1 large Hershey bar
- 1/3 bar paraffin

Mix oleo, peanut butter, powdered sugar and Wheaties well; roll in 1-inch balls. Melt chocolate chips, Hershey bar and paraffin on warm heat and mix (double boiler works well). Dip balls in chocolate and place on wax paper to cool. (Stick a toothpick in the cookie ball and whirl it in melted chocolate mixture.)

Patsy Oliver

CINNAMON OR ANISE CANDY

- 2 c. sugar
- 1 c. white syrup
- 1/2 c. water
- 1/2 tsp. cinnamon oil
- 1 tsp. red food coloring

Let sugar, syrup and water cook to hard ball stage; remove from heat. Add cinnamon oil and red food coloring. Pour on a well buttered cookie sheet and start pulling edges with buttered fingers. Break into bite sized pieces and roll in granulated sugar.

Shirley Mosshart

PEANUT BRITTLE

- 2 c. white sugar
- 1 c. white syrup
- 1/4 c. water
- 2 c. raw peanuts
- 2 heaping Tbsp. butter
- 1/2 tsp. salt
- 2 tsp. soda
- 1 tsp. vanilla

Boil white sugar, syrup and water until mixture makes hard ball in water or to 254°. Add peanuts, butter and salt; cook at medium heat 6 minutes. Do not let boil fast. Turn off heat; add soda and stir well. Add vanilla. Put on a thick piled buttered cookie sheet; start pulling edges and place on wax paper.

Shirley Mosshart

DIPPED CHOCOLATES

1 can Eagle Brand milk	2 boxes powdered sugar
1 stick butter or oleo	1/2 tsp. salt

Mix Eagle Brand milk, butter or oleo, powdered sugar and salt. Divide mixture into thirds. To 1/3 mixture add 1 cup pecans, to 1/3 mixture add 1 1/2 cups coconut and to 1/3 mixture add maraschino cherries, cut in pieces and drained well on paper towel. Add enough powdered sugar to hold shape and form into 1-inch balls; chill.

Chocolate Dip:

2/3 stick paraffin	1 (12 oz.) pkg. semi-sweet chocolate chips or milk chocolate chips, melted

Melt paraffin separately; combine with chocolate chips in double boiler on low heat. Dip chocolates.

Shirley Mosshart

POPCORN CAKE

3 c. popped corn	1/2 can Planters cocktail peanuts
1 lb. marshmallows	1 stick oleo
1/2 lb. M&M's	

Boil oleo and marshmallows until melted. Add nuts and candy; pour over popped corn. Press into greased Bundt pan; turn out on cake plate.

Treva Kintigh

PEANUT BUTTER PLAY DOUGH

1 c. peanut butter	1 1/2 c. powdered milk (or until proper consistency)
1 c. corn syrup	
1 1/4 c. powdered sugar	

Mix, mold and then eat.

Julie Tommer

CHOCOLATE PEANUT BUTTER CANDY

- 1 1/4 sticks oleo, melted
- 1 lb. box powdered sugar
- 1 c. peanut butter
- 3 c. crushed Wheaties
- 1 (12 oz.) pkg. and 1 (6 oz.) pkg. chocolate chips

Melt oleo; add sugar, peanut butter and Wheaties together. Mix with hands; then make into small balls and refrigerate for awhile. Then have melted, chocolate chips in double boiler with 2 tablespoons of paraffin. Roll the small Wheaties balls in chocolate. Place on waxed paper until firm.

Sharon Brown

CEREAL CANDY

- 3 c. Rice Krispies
- 2 1/2 c. Honeycomb cereal
- 1 1/4 c. nuts
- 1 pkg. almond bark (I use 1 1/2 lb.)

Mix cereals and nuts. Melt almond bark in microwave or double boiler; pour over cereal mixture and mix well. Spread on waxed paper and when cooled, break into pieces. Super easy and good. Makes a large batch.

Loreta Dressel

TURTLES

- 1 pkg. caramels
- 1 giant Hershey bar
- 1 1/2 to 2 c. pecans (whole)
- 1/2 stick cocoa butter (almond bark)
- 3 Tbsp. milk

In double boiler or microwave, melt caramels and milk. Stir occasionally. When caramels are melted, add pecans and mix well. Drop onto well greased cookie sheet (do not use waxed paper). Set in cool place until firm. When firm enough to handle, melt large candy bar and dip caramels; place on wax paper or greased cookie sheet.

Delpha Engelland

AUNT DOROTHY'S HARD TACK CANDY

3 c. sugar	1/2 c. cream
3 Tbsp. cocoa	3 Tbsp. butter
2 c. white syrup	vanilla

Cook to hard ball stage. Pour into well buttered pan. Let cool. Break into small pieces. (Don't take a very big bite.)

Delpha Engelland

PEANUT BRITTLE

2 c. sugar	1 tsp. butter
1 c. white syrup	1 tsp. vanilla
1/2 c. water	2 tsp. soda
2 c. raw peanuts	

Cook sugar, syrup and water to hard ball stage. Add peanuts and butter. Stir mixture occasionally until it turns a golden brown. Remove from fire. Add vanilla and soda. Stir just until mixed. Pour on buttered pan. Do not spread.

LaVon Sparks

STRAWBERRY CANDIES

2 small boxes strawberry jello	1 c. coconut
3/4 c. Eagle Brand milk	1 c. finely chopped pecans

Mix all ingredients. Shape into strawberry shapes. Roll in red sugar (made by putting a few drops red coloring in jar with sugar and shaking it). Dip "stem end" of strawberry in green sugar. Refrigerate for 1 to 2 hours.

LaVon Sparks

PEANUT CLUSTERS

12 oz. semi-sweet chocolate chips	12 oz. white almond bark
	12 oz. salted Spanish peanuts

Melt chocolates and almond bark; stir in peanuts. Drop onto wax paper on cookie sheet. Cool in refrigerator for 10 to 20 minutes.

LaVon Sparks

PEANUT BUTTER FUDGE

2 c. sugar	1 c. peanut butter
2/3 c. milk	1 tsp. vanilla
1 c. marshmallow cream	

Cook sugar and milk to soft ball stage. Add remaining ingredients. Stir until all is blended well; pour into buttered 8-inch square pan and cut into squares when cooled.

LaVon Sparks

MICROWAVE PEANUT BRITTLE

1 c. raw peanuts	1 c. sugar
1/2 c. white corn syrup	1/8 tsp. salt
2 Tbsp. water	1 tsp. butter
1 tsp. vanilla	1 tsp. soda

Cook the peanuts, corn syrup, water, vanilla and sugar for 8 minutes on Full power. Add butter and vanilla; cook 1 to 2 minutes. Add soda; stir and pour onto a lightly greased cookie sheet. With buttered hands, pull and stretch after mixture has cooled slightly. Break into small pieces.

Pat Johannsen

MICROWAVE FUDGE

1 lb. confectioners sugar	1/2 c. butter
1/2 c. cocoa	1 Tbsp. vanilla
1/4 c. milk	1/2 c. chopped nuts

With a whisk, blend sugar and cocoa in a 3-quart bowl. Add milk and butter. Do not stir. Microwave on High for 2 minutes; then, stir well. Add vanilla and nuts. Stir until well blended. Pour into buttered 8 x 8-inch dish. Refrigerate until set. Cut into squares. This freezes well.

Pat Johannsen

HEATH CANDY

1 c. sugar
1 c. butter
1 1/2 Tbsp. water

Boil to hard crack stage. Pour on buttered cookie sheet. Cool and frost with melted chocolate chips. Break in pieces.

Marcella Homan

BONBONS

2 c. crunchy peanut butter
3 c. oven toasted rice cereal
1 lb. powdered sugar
1 tsp. vanilla
1 stick oleo
11 1/2 oz. chocolate chips
2 oz. paraffin

Combine all ingredients except chocolate chips and paraffin. Shape into balls. Dip balls into melted chocolate chips and paraffin.

Virginia Frederiksen

AUNT EDNA'S CANDY

12 oz. chocolate chips
12 oz. butterscotch chips
1/4 lb. cashew nuts, cut up large
1 can Chinese noodles

Melt chips and pour over nuts and noodles; mix. Drop on waxed paper and cool.

Helen Bahre

ALMOND BUTTER CRUNCH

1 c. butter
1 1/3 c. sugar
1 Tbsp. light corn syrup
3 Tbsp. water
1 c. pecans, coarsely ground
4 (4 1/2 oz.) Hershey bars, melted
1 c. nuts, finely chopped

Melt butter in large saucepan. Add sugar, corn syrup and water. Cook, stirring occasionally to hard-crack stage (300°); quickly stir in coarsely chopped nuts. Spread in ungreased 13 x 9 1/2 x 2-inch pan. Cool thoroughly.

Turn out on wax paper; spread top with half the chocolate. Sprinkle with half the finely chopped nuts. Cover with wax paper; invert and spread again with chocolate. Sprinkle top with remaining nuts. Break into pieces.

Bert Buchanan

LUCY'S WALNUTTY CARAMELS

2 c. sugar
1 c. light corn syrup
1 c. light cream
1/4 c. butter or oleo
1 tsp. vanilla
1 1/2 c. coarsely chopped walnuts

Line an 8 x 8 x 2-inch pan with foil; lightly butter foil. In a heavy, 3 1/2-quart saucepan, combine sugar, corn syrup, cream and butter. Cook over medium heat, stirring with wooden spoon, until sugar is dissolved. Continue cooking, stirring occasionally, to 245° on candy thermometer, or until a little in cold water forms a firm ball. Remove from heat; stir in vanilla and walnuts. Turn into prepared pan; let cool 1 hour. Then cut into small squares. May be wrapped in wax paper to store.

Mickey Partington

MICROWAVE FUDGE

1 lb. confectioners sugar
1/2 c. unsweetened cocoa
1/4 c. milk
1/2 c. butter
1 tsp. vanilla
1/2 c. chopped nuts

Lightly grease an 8-inch square pan. Place confectioners sugar and cocoa in a medium size, heat resistant, nonmetallic mixing bowl. Stir to combine. Add milk and butter to sugar and cocoa mix. Do not stir! Heat, uncovered, in microwave oven for 2 minutes. After cooking, stir just to combine ingredients. Add vanilla and nuts. Stir until blended. Pour into prepared pan and refrigerate for 1 hour before cutting and serving.

Phyllis Brian

PEANUT BUTTER CUPS

1/3 lb. graham cracker crumbs
1/2 lb. margarine
1 c. peanut butter
1 lb. powdered sugar

Combine ingredients and work together until smooth (add a little water to hold together, if dry). Press into cookie sheet with sides; melt 20 chocolate chips and spread over top. Then refrigerate. Cut through peanut butter cups while chocolate is soft.

Phyllis Brian

PEANUT BUTTER BALLS

1 (8 oz.) Hershey bar
1 (6 oz.) semi-sweet chocolate chips
1/2 block paraffin
2 c. crunchy peanut butter
1 stick oleo
1 box powdered sugar
2 c. Rice Krispies

Melt Hershey bar, chocolate chips and paraffin over boiling water (in double boiler). Mix together peanut butter, oleo, powdered sugar and Rice Krispies. Make into small balls. Coat with chocolate mixture. Cool on wax paper.

Phyllis Brian

PEANUT CLUSTER

1 1/2 lb. almond bark
12 oz. chocolate chips
1/2 lb. Hershey chocolate bar
1 lb. salted Spanish peanuts

Melt chocolate in double boiler or microwave. Add peanuts and stir. Drop by spoonfuls on cookie sheet. Let harden. May need to add a small amount of paraffin. These freeze well.

Janet Koch

CARAMEL CORN

1/2 c. clear corn syrup
1 c. butter
1 tsp. salt
2 c. brown sugar
1 tsp. baking soda
7 1/2 qt. popped corn

Boil syrup, butter, salt and brown sugar in saucepan until it reaches 245°. Add soda and stir. Pour syrup over corn (popped) and bake in 200° oven for 1 hour, stirring every

15 minutes. Remove from oven and stir until cool. Place in plastic bags. Caramel corn may be frozen.

Pam Powell

CARAMEL CORN

6 to 8 qt. popped popcorn	2 c. brown sugar, packed
2 sticks oleo	1/2 c. white corn syrup

Put in heavy saucepan; bring to full boil. Boil 5 minutes; remove from heat. Add 1 teaspoon salt and 1/2 teaspoon soda. Stir vigorously. Pour over popcorn and mix well. Put in large roasting pan. Bake 1 hour at 250°. Stir and mix popcorn every 15 minutes.

Helen Bahre

CARAMEL CORN

1/2 c. white sugar	1/2 tsp. vanilla
1/2 c. corn syrup	3 c. popped corn
1/2 c. peanut butter	1 c. salted peanuts

Bring to a boil sugar and corn syrup; add peanut butter and vanilla. Pour over popped corn and peanuts. Mix well.

Virginia Frederiksen

Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

Copyright © 1978 Fundcraft Publishing, Inc.

APPLE DELIGHT

(8 Servings)

4 c. chopped, unpeeled apples	1/8 tsp. cloves
1/2 c. apple cider	1/8 tsp. nutmeg
1/4 c. honey	1/2 c. whole wheat flour
1 tsp. vanilla extract	2/3 c. skim milk
1 tsp. cinnamon	3 eggs

Toss ingredients in deep casserole dish. When thoroughly combined, place casserole in cold oven and turn heat to 375°. Remove from oven after 45 to 50 minutes or when apple mixture is golden and apples are tender.

Cecile Appleby

BAKED APPLE DESSERT

2 c. flour	1/2 c. milk
1/2 tsp. salt	sliced apples
1 1/2 tsp. baking powder	1/2 c. sugar
1/3 c. shortening	1 tsp. cinnamon

Topping:

2 c. sugar	1/2 c. oleo
2 c. boiling water	1/4 c. red hots

Sift dry ingredients together; work shortening in until pea size crumbles. Then add milk. Divide dough. Pat 1/2 of dough in baking dish; fill with sliced apples. Mix cinnamon and sugar together and sprinkle over apples. Roll out remaining dough and lay on top of apples. Poke a few holes in top crust.

Topping: Heat sugar, water, oleo and red hots together; pour slowly over top. Let seep down through the holes. Bake at 305° in a 9 x 13-inch pan for 1 hour.

Pam Powell

WIKI-WIKI-WALK-A-WAY

8 oz. cream cheese
1 c. milk
1 (8 1/2 oz.) can pineapple, drained
1 pkg. instant vanilla pudding

In mixer add room temperature cream cheese and 1/4 cup milk. Then add remaining ingredients and chill. Delicious!

Kendra Biggs

SEVEN LAYER BARS

1/4 c. butter or margarine
1 c. graham cracker crumbs
1 c. flaked coconut
1 (6 oz.) chocolate chips
1 (6 oz.) butterscotch chips
1 (14 oz.) can sweetened condensed milk
1 c. chopped walnuts

Melt butter in a 9 x 12-inch pan. Add ingredients by layer as listed: graham cracker crumbs, coconut, chocolate chips, butterscotch chips, sweetened condensed milk and walnuts. No mixing. Bake at 325° for 25 minutes. Cut into small bars. Makes 40.

Phyllis Brian

PUMPKIN DESSERT

Crust:

1 1/4 c. flour
1/4 c. sugar
1/4 tsp. salt
2/3 c. butter
1/2 c. nuts

Mix flour, sugar and salt; cut in butter and nuts. Place 1/2 of mixture in small pan for topping or press all of mixture in bottom of pan. Brown at 350° for 10 to 12 minutes.

Filling:

1 pkg. vanilla pudding, cooked
1 pkg. whipped cream
1 qt. vanilla ice cream
1 c. pumpkin
1/2 c. brown sugar
1 tsp. cinnamon
nutmeg
1/4 tsp. salt

Mix together, spread over crust and freeze.

Dorothea Fountain

APPLE GOODIE

15 medium apples
1 1/2 c. sugar
1 1/2 Tbsp. flour
1 tsp. cinnamon
1/4 tsp. salt
1 1/3 c. plus 3 Tbsp. water

Place in 9 x 13-inch pan and top with:

3/4 c. oatmeal
3/4 c. brown sugar
6 Tbsp. margarine
3/4 c. flour
1/4 tsp. soda
1/4 tsp. baking powder

Mix until crumbly and spread over apples. Bake 1 hour at 375°.

Janet Koch

ICE CREAM ROLL

4 egg whites, beaten stiff
1/3 c. sugar
1 tsp. vanilla
1/4 tsp. salt
1/3 c. cake flour
1/4 tsp. baking powder
1/4 c. cocoa
4 egg yolks, beaten until lemon colored
1 qt. or more ice cream

Beat egg whites, sugar and vanilla until creamy. Sift salt, flour, baking powder and cocoa. Fold into egg whites. Add egg yolks; mix lightly. Spread in shallow pan. Bake 10 to 15 minutes at 350°. Turn out on wet cloth, cool and spread with ice cream. Roll and wrap in foil or waxed paper.

Dorothea Fountain

FROZEN STRAWBERRY DESSERT

3/4 c. sugar
2 Tbsp. lemon juice
1 (10 oz.) pkg. frozen strawberries
3 egg whites
1 (8 oz.) container Cool Whip
1 pkg. Pecan Sandies

Crush cookies and pat 2/3 into 9 x 13-inch pan. Reserve balance for topping. Beat sugar, lemon juice, egg whites and thawed strawberries for 8 minutes. Fold in Cool Whip and spread over crumbs in pan. Top with reserved crumbs. Freeze. Do not defrost to serve.

Betty Fry

ENGLISH APPLE CRISP

1 c. flour
1 c. brown sugar
1/2 c. butter
5 or 6 apples, sliced
1/4 c. white sugar

Mix flour, brown sugar and butter until crumbly. Slice apples in buttered pan. Add white sugar. Cover with crumb mixture. Bake at 350° for 30 to 40 minutes. Serve with a slice of ice cream on top, or whipped cream.

Betty Fry

RHUBARB DELIGHT

8 c. rhubarb, cut up
1 large box strawberry jello
2 c. sugar
1 pkg. white or yellow cake mix
2 Tbsp. oleo, melted
1 1/2 c. water

Place cut up rhubarb in bottom of 9 x 13-inch baking pan. Sprinkle evenly: sugar, then jello, then dry cake mix and melted oleo. Pour the water over mixture. Bake in 350° oven for 1 hour. Cool and place in refrigerator. It gets better as it ages. It's great with whipped cream.

Betty Fry

PEACH JELLO

1 (3 oz.) pkg. peach jello
1 c. hot water
1 can sliced peaches
1/2 c. vanilla ice cream

Drain peaches, retaining 1/2 cup of the juice. In 8-inch square pan mix jello and hot water until jello is dissolved. Add ice cream; stir until melted. Add peaches and peach juice. Chill until set.

Peggy Shaffer

FRUIT COMBO

- 1 (20 oz.) can pineapple (chunks or crushed)
- 1 pkg. instant French vanilla pudding
- 1 pt. fresh or frozen strawberries
- 1 can Mandarin oranges, drained
- 3 bananas

Combine pudding and reserved juice from pineapple. Mix well. Mix fruit. Pour pudding mixture over fruit and mix gently. Chill 2 to 3 hours.

Connie Sewell

BAVARIAN CREAM

- 2 (3 oz.) boxes raspberry jello
- 3 c. hot water
- 1 pt. whipped cream
- 1 can crushed pineapple, drained
- nuts (if desired)

Dissolve jello in hot water. Cool to the consistency of egg whites and whip until light. Fold in whipped cream; when blended, add pineapple. Add nuts, if desired. Refrigerate until set.

Marcella Homan

HEAVENLY HASH

- 1 can pineapple tidbits, drained
- 2 bananas, sliced
- 1 c. flaked coconut
- 1 c. miniature marshmallows
- 1/2 c. maraschino cherries
- 2 c. Cool Whip, drained
- 1/2 c. nuts (optional)

Thoroughly mix ingredients. Chill and serve.

Patsy Oliver

VIOLA'S RHUBARB PUDDING

- 1/4 c. tapioca
- 1 1/2 c. sugar
- 1/2 tsp. salt
- 2 c. water
- 2 1/2 c. rhubarb
- 1 c. crushed pineapple

Cook tapioca, sugar, salt, water and rhubarb, stirring constantly. Cool and add pineapple. Top with whipped cream or topping.

Virginia Monroe

MILDRED'S FROZEN DELIGHT

1 c. sugar
1 c. cultured buttermilk
3 well ripened bananas
1 (9 oz.) carton whipped topping

Combine sugar, buttermilk and bananas; blend in a blender. Add whipped topping. Mix well. Put in a 9 x 9-inch square pan; sprinkle nuts on top and freeze. Take from freezer, cut into squares and serve immediately.

Virginia Monroe

CHERRY CREAM DESSERT

1 (No. 2) can tart red cherries
1/2 c. sugar
1 lb. marshmallows
1 c. whipped cream
1/2 lb. vanilla wafers

Bring to boil juice from cherries, sugar and marshmallows. Stir until dissolved. Add cherries and cool. When cold, fold in whipped cream. Roll vanilla wafers to crumbs. Put half in bottom of large oblong cake pan. Put in cherry mix; top with remaining crumbs. Chill 24 hours; cut in squares and serve.

Phyllis Brian

DESSERT BARS

Base:

1 pkg. cake mix
1 1/2 c. oatmeal
1 c. chopped nuts
1/2 c. margarine
1 egg

Filling:

1 can ready to spread frosting
1 (8 oz.) pkg. cream cheese
2 eggs

In large bowl combine base ingredients, mix until crumbly. Reserve 2 cups for topping and press remaining crumbs into greased 9 x 13-inch pan. In large bowl combine filling ingredients and beat until fluffy. Pour over crust, sprinkle remaining crumbs over filling and bake at 350° for 45 to 55 minutes.

Suggested flavor combinations: If using lemon base cake mix, use lemon frosting. If using strawberry base cake mix, use strawberry frosting. If using German chocolate base cake mix, use milk chocolate frosting. If using devil's food base cake mix, use butter pecan frosting. If using yellow base cake mix, use vanilla or chocolate fudge frosting.

Joan Fisher

FROSTED FRUIT SQUARES

1 can cherry pie filling
2/3 c. milk
1 Tbsp. sugar
1 pkg. yeast
1/4 c. warm water
4 egg yolks
1 c. margarine
4 c. flour
powdered sugar icing

Scald milk with sugar. Cool; dissolve yeast in warm water. Add to cooled milk mixture. Beat egg yolks and add to milk mixture. Cut margarine into flour. Stir in the liquid mixture and knead. Divide dough in half and press 1/2 into jellyroll pan. Cover with fruit. Roll out other 1/2 and cover fruit filling. Seal edges and snip top to let steam escape. Let rise until double. Bake at 350° for 30 to 35 minutes. Glaze with powdered sugar icing.

Joan Fisher

GRANOLA BARS

3 1/2 c. quick or
  old-fashioned oats,
  uncooked
1/2 c. brown sugar, packed
1 c. raisins
1 c. chopped nuts
1/3 c. honey or syrup, or
  molasses
2/3 c. butter or oleo, melted
1/2 tsp. vanilla
1/2 tsp. salt

Toast oats in ungreased large shallow pan in 350° oven 15 to 20 minutes, stirring often to keep from burning. Combine oats with remaining ingredients. Mix well. Press firmly into well greased 15 1/2 x 10 1/2-inch jellyroll pan. Bake in preheated 350° oven about 20 minutes. Cool and cut into bars. You may add chocolate chips, etc., as desired.

Barbara Jellison

RHUBARB DESSERT

2 c. rhubarb, cut up
1 c. sugar
1 (3 oz.) box strawberry jello
12 to 16 marshmallows, cut up or 2 c. miniature marshmallows

Batter:

1/4 c. shortening
1 egg
1/2 c. milk
3/4 c. flour
1 1/2 tsp. baking powder
1/8 tsp. salt

Put rhubarb into 9 x 12-inch pan and 1/2 cup of the sugar; sprinkle with jello. Place marshmallows over top.

For batter, cream shortening and remaining 1/2 cup sugar. Add egg and blend. Sift flour, baking powder and salt together. Add dry ingredients and alternate with milk. Pour batter over rhubarb. Bake 40 minutes at 350° until top is done. Serve cold or hot with whipped cream, if desired.

Barbara Jellison

BUTTERFINGER DESSERT

1 c. graham crackers
1/2 c. salted saltine crackers
1/2 stick oleo

Bottom layer: Crush together graham crackers and saltine crackers; add oleo. Pat in 9 x 13-inch pan, saving 1/2 cup for topping.

3 oz. pkg. instant vanilla pudding
1 c. milk
1 pt. vanilla ice cream
1 large tub Cool Whip

2nd layer: Beat pudding and milk until thick. Add ice cream and beat. Spread over crust. Then spread Cool Whip on top.

4 Butterfinger candy bars, crushed
1/3 c. crumb mixture

Topping: Mix crushed candy bars with crumb mixture (saved back). Freeze. Cut in squares and serve.

Anita Southworth

LEMON-LIME DESSERT

2 (3 oz.) pkg. lemon gelatin
1 (3 oz.) pkg. lime gelatin
1 (3 oz.) pkg. instant lemon pudding
1 (8 oz.) carton frozen whipped topping, thawed

Dissolve gelatins in 2 cups boiling water. Add 2 cups cold water. Reserve 1 1/2 cups. To remainder add instant lemon pudding that has been whipped with 2 cups cold water. Pour into 9 x 13-inch glass pan. Refrigerate to set. With mixer, beat whipped topping into reserved gelatin. Pour over gelatin-pudding mixture and let set in refrigerator.

Linda Williams

ESCALLOPED PINEAPPLE

2 c. white sugar
1 c. oleo
3 eggs
4 c. cubed white bread (with crusts)
1/2 c. milk
1 (15 3/4 oz.) can crushed pineapple

Cream and beat sugar, oleo and eggs. Moisten bread with milk. Mix all ingredients together. Bake, uncovered, at 325° to 350° for 1 hour. Delicious!

Connie Sewell

ANNA'S BANANA DELISH DESSERT

1 large can Mandarin oranges
1 large can pineapple chunks
1 can cherry pie filling
3 large bananas
1 large pkg. instant vanilla pudding mix (dry)

Mix all ingredients except bananas. Do not drain juices. Refrigerate 2 hours. Mixture will thicken slightly. Slice bananas and add just before serving. Makes a lot of good leftovers.

Margaret Oden

CHERRY FROZEN DESSERT

- 60 Ritz crackers, crushed
- 1/2 c. powdered sugar
- 1/2 c. oleo

Press in bottom of 9 x 13-inch pan.

- 1 (13 oz.) tub Cool Whip
- 1 can Eagle Brand milk
- 1 can crushed pineapple, drained
- 1 can cherry pie filling

Mix and pour in crust. Freeze and serve.

Connie Sewell

OREO DESSERT

- 28 Oreo cookies
- 2 1/2 Tbsp. melted butter
- 1/2 gal. vanilla ice cream
- chocolate fudge topping
- 12 oz. whipped topping
- 10 Oreo cookies

Crush cookies in plastic bag. Add melted butter and press into a 9 x 13-inch pan. Freeze 1/2 hour. Soften vanilla ice cream for 30 minutes (at room temperature). Spread ice cream over cookies. Spread fudge topping over ice cream. Freeze 1/2 hour. Top with whipped topping. Sprinkle 10 crushed Oreos on top. Freeze.

Marlene Gloss

COCONUT DELIGHT

- 1 stick butter or margarine
- 1 c. graham cracker crumbs
- 1 pkg. coconut
- 1 (16 oz.) chocolate chips
- 1 (16 oz.) butterscotch chips
- 1 c. pecans
- 1 can Eagle Brand milk

Mix graham crackers and butter together; press into the bottom of a cake pan. Then mix remaining ingredients together and place on top of graham cracker crust. Bake at 325° for 30 minutes.

Peggy C. Shaffer

PUMPKIN DESSERT

1 box yellow cake mix (less 1 c. reserved for topping)
1 egg
1 stick melted margarine or butter

Crust: Mix and pat in 9 x 13-inch cake pan.

1 can pumpkin
3/4 c. granulated sugar
2/3 c. evaporated milk (1 small can)
1 tsp. cinnamon
1 tsp. salt
1 tsp. vanilla

Filling: Mix together and pour into crust.

1 c. reserved cake mix
1/4 c. margarine or butter
1/4 c. sugar
1/3 c. chopped nuts (optional)

Top layer: Blend and sprinkle over top of batter. Bake in preheated 350° oven for 45 to 50 minutes. Serves 12.

Rose Small

FROZEN YUMMY DESSERT

3 c. Rice Krispies
1 c. coconut
1/2 c. nuts, chopped
1/2 c. melted butter
3/4 c. brown sugar
1/2 gal. ice cream (I prefer Butter Brickel)

Mix all ingredients well (except ice cream). Toast in oven 10 minutes at 400°. Stir to keep from burning; cool. Put 1/2 mixture in 9 x 13-inch pan. Spread with Butter Brickel ice cream. Top with remaining mixture. Place in freezer. Cut in serving size.

Chris Powers

CUSTARD

3 eggs or 6 egg yolks
1/2 c. sugar
1/4 tsp. salt
1/4 tsp. nutmeg
1/2 tsp. vanilla
2 c. scalded milk

Beat eggs slightly; add sugar and beat. Add salt, vanilla and slowly add scalded milk. Strain into pie shell or pan. Sprinkle nutmeg. If you make a pie, bake at 450° for 10 minutes and then at 325° about 25 minutes or until mixture doesn't adhere to knife. If you make a custard, set the pan of custard in a pan of hot water and bake 30 to 40 minutes at 425°.

Delpha Engelland

PISTACHIO DESSERT

- 1 c. flour
- 2 tsp. sugar
- 1/2 c. finely chopped nuts
- 1/2 c. butter
- 1 (8 oz.) pkg. cream cheese
- 2/3 c. powdered sugar
- 9 oz. Cool Whip
- 2 small pkg. instant pistachio pudding
- 3 c. milk
- chopped nuts

Mix flour, sugar, 1/2 cup nuts and butter; press into 9 x 13-inch pan. Bake 7 to 10 minutes at 375°. Cool. Soften cream cheese and mix in powdered sugar and 1/2 cup Cool Whip. Spread on top of cooled crust. Mix pistachio pudding with milk and beat until thick. Pour on top of cream cheese. Spread remainder of Cool Whip on top. Sprinkle with chopped nuts. Chill.

May also use chocolate or butterscotch pudding.

Margaret Lipp

CHERRY DESSERT

- 1 pkg. graham crackers
- 1 stick oleo
- 1 pkg. Dream Whip
- 1 c. powdered sugar
- 1 (8 oz.) pkg. cream cheese
- 2 Tbsp. milk
- 2 cans cherry pie filling
- 2/3 c. sugar

Crush crackers and combine with melted oleo in 9 x 13-inch pan. Bake 10 minutes at 350°. Cool.

Make up Dream Whip; add powdered sugar and beat well. Beat cream cheese and milk until smooth. Add Dream Whip mixture and stir well. Spread on top of cooled crust. Put in fridge to set. Combine cherry pie filling and sugar. Stir until sugar is dissolved. Spread on top of mixture. Chill.

Margaret Lipp

FRUIT CUP SLUSH

- 1 (6 oz.) can frozen orange juice
- 1 (6 oz.) can frozen lemonade

Boil 3 cans of water and add 1/2 cup sugar, stirring until completely dissolved. Add 3 juice cans cold water. Add fruit:

- 3 bananas, cut into pieces
- 1 (1 lb.) box sliced frozen strawberries
- 2 cans pineapple tidbits plus juice
- maraschino cherries (to be added later)

Place one maraschino cherry in each 9-ounce clear plastic cup (12 or 15). Spoon in fruit mixture and place in freezer. Remove 20 minutes before serving time, or set in warm water for a few minutes until slushy.

Mandarin orange segments and green grapes may also be added to the mixture.

Loreta Dressel

CHERRY CHEESECAKE DESSERT

- 2 c. graham cracker crumbs
- 1/2 c. butter, melted
- 1/4 c. chopped nuts (optional)
- 3 (8 oz.) pkg. cream cheese
- 1 1/2 c. sugar
- 5 eggs
- 3 Tbsp. lemon juice
- 1 (1 lb. 8 oz.) can cherry pie filling

Mix graham cracker crumbs, butter and nuts in a 13 x 9 x 2 5/8-inch pan. Press firmly into bottom of pan.

Beat cream cheese and sugar together until fluffy; add eggs, one at a time, beating well after each addition. Stir in lemon juice. Pour filling over crumbs and bake at 350° until set in center, about 45 minutes. Cool; spread pie filling over top and refrigerate until ready to serve or carry out. Serves 15 to 18.

Loreta Dressel

<<< Extra Recipes >>>

Beverages, Sandwiches & Misc.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

Copyright © 1978 Fundcraft Publishing, Inc.

V-7 JUICE

1 c. tomato juice
2 Tbsp. lemon juice
2 stalks celery
1 tsp. parsley
1 Tbsp. finely chopped onion
2 Tbsp. diced green pepper
1/4 tsp. celery seed

Combine ingredients. Blend on high until smooth and add 3 more cups tomato juice. Blend well and chill before serving.

Cecile Appleby

WASSAIL

1 gal. apple cider
1 c. frozen orange juice
1 c. frozen lemonade
2 cans water
1 c. brown sugar

Put a small bag with 1 teaspoon allspice and 1 teaspoon cloves in Wassail. Hang spice bag and bring to a boil; simmer 20 minutes. Delicious!

Kendra Biggs

WASSAIL

1 c. sugar
1 c. water
12 whole cloves
4 cinnamon sticks
2 tsp. chopped candied ginger
2 c. orange juice
1 c. lemon juice
1 qt. cider

Boil sugar and water slowly 10 minutes. Add cloves, cinnamon sticks and ginger. Cover and steep 1 hour. Bring to boil orange juice, lemon juice and cider. Add strained syrup and serve hot in crock-pot.

Pam Powell

ORANGE JULIUS

1 (6 oz.) can frozen orange juice
2 c. skimmed or low-fat milk
1 1/2 tsp. vanilla
1/2 c. sugar
4 to 6 ice cubes

Mix together and put in blender until slushy and foamy.

Julie Tommer

GOOD PUNCH

5 ripe bananas
2 (12 oz.) cans orange juice concentrate
1 (46 oz.) pineapple juice
4 c. sugar
6 c. water
7-Up

Blend bananas, orange juice concentrate and pineapple juice in blender. Add sugar and water. Freeze. Mix 1 to 1 ratio with 7-Up to serve.

Patsy Oliver

STRAWBERRY-BANANA PUNCH

1 (16 oz.) box frozen strawberries
4 bananas
1 (12 oz.) can frozen orange juice
1 (12 oz.) can frozen lemonade
1 (46 oz.) can pineapple juice
4 c. water
3 c. sugar

Blend strawberries and bananas in blender until they are pureed. Add other ingredients and mix. Just before serving, add 2 quarts ginger ale.

LaVon Sparks

GOOD PUNCH

6 oz. bottle lemon juice
2 (12 oz.) cans lemonade
2 (12 oz.) cans orange juice
2 (46 oz.) cans Hawaiian Punch
1 large bottle 7-Up

Slice oranges or strawberries on top for decoration. May add more lemon juice for more tart taste.

Rose Small

CRANBERRY TEA

5 1/2 qt. water
2 sticks cinnamon
3 1/2 c. sugar
1/2 c. red hots
12 whole cloves
1 qt. cranberry juice
1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade

Boil red hots, sugar and spices with 1 cup of the water until sugar and red hots dissolve. Add rest of the ingredients.

Connie Sewell

UNUSUAL HOT PUNCH

2 c. pineapple juice	1 stick cinnamon
2 c. cranberry juice	1/8 tsp. salt
2 1/2 Tbsp. brown sugar	1/2 tsp. whole cloves

Pour pineapple and cranberry juice. In the basket place brown sugar, cloves, cinnamon and salt; brew as coffee.

Rosalie LeClerc

BANANA CRUCH PUNCH

2 c. sugar	1 (12 oz.) frozen lemonade, thawed
2 pkg. Hawaiian Punch Kool-Aid	6 bananas, mashed
1 gal. water	6 qt. ginger ale or lemon-lime soda
2 (12 oz.) frozen orange juice, thawed	

Dissolve sugar and Kool-Aid in water. Add juices and bananas. Stir well. Freeze in containers. Take out of freezer about 2 hours before serving. Add ginger ale over slushy mixture. Serve. Makes 6 dozen servings.

Linda Williams

SLUSH SLUSH PUNCH

1 (46 oz.) can pineapple juice	1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen pink lemonade	

Mix in a large container and freeze. Stir once to make it a slush. Put a scoop of mixture in a mix glass and add small amount of chilled 7-Up (1/4 or 1/3 cup). You may add 1 cup vodka and 1 cup apricot brandy. Stir several times. If you are making a large punch bowl, you can add 7-Up to bowl.

Margaret Lipp

COOKED GRAPE JELLY

2 c. Concord grape juice
1 c. water
1 pkg. MCP pectin
3 1/2 c. sugar

Prepare containers according to manufacturer's instructions. Measure grape juice and water into 6 to 8 quart kettle or saucepan. Stir well. Add pectin. Stir vigorously. Place over high heat; bring to boil, stirring constantly to avoid scorching. Add measured sugar all at once and mix well. Continue stirring constantly to avoid scorching. Bring to a full boil. Boil hard exactly 2 minutes. Remove from heat. Skim foam thoroughly. Pour into prepared glasses. Seal containers with paraffin or 2 piece metal lids, according to package directions. Makes 5 cups.

Julie Tommer

FREEZER STRAWBERRY JAM

2 c. prepared berries (about 1 qt.)
4 c. sugar
3/4 c. water
1 box powdered pectin

Thoroughly crush berries, one layer at a time. Measure 2 cups into a large bowl or pan. Mix sugar thoroughly into fruit and set aside. Mix water and fruit pectin in small saucepan. Bring to a boil and boil 1 minute, stirring constantly. Stir into fruit. Continue stirring about 3 minutes. A few sugar crystals will remain.

Ladle quickly into jars. Cover at once with tight lids. Let stand at room temperature until set. (This may take up to 24 hours.) Store in freezer. Use in 6 to 8 weeks.

If jam will be used within 2 or 3 weeks, it may be stored in the refrigerator. This freezer-jam has a fresh fruit flavor because berries are not cooked. Yields approximately 5 half pints.

Yvonna Brown

STRAWBERRY DAIQUIRI

1 (10 oz.) pkg. sweetened strawberries
1 (6 oz.) can frozen concentrate limeade juice
ice

Mix together in blender until ice is crushed.

Yvonna Brown

MICROWAVE POPCORN

5 to 7 qt. popcorn

Syrup:

1 stick oleo
1/4 c. white Karo syrup
1 c. packed brown sugar

Put popped corn in brown paper bag, sprayed with Pam. Add the syrup to popcorn and microwave on High for 1 1/2 minutes. Shake. Redo twice on same setting.

Syrup: Melt oleo. Microwave syrup ingredients on High for 2 minutes. Add 1/2 teaspoon soda. Stir.

Delpha Engelland

SWEETENED CONDENSED MILK

2 c. powdered milk
2 c. sugar
1/2 c. butter flavored Crisco
1 c. boiling water

Blend in blender; then chill. Makes 1 1/2 cups or 15 ounces or 1 can.

Peggy C. Shaffer

HOT HAM SANDWICHES

1 c. butter, softened or whipped
1/4 c. mustard
1/2 c. grated onion
1/2 tsp. dill seed

Mix the ingredients and let set overnight. Spread on buns (onion or potato buns are good). Layer with shaved ham and sliced Swiss cheese. Wrap in foil and heat in 300° oven until cheese melts.

Janiece Rowland

UPSIDE-DOWN PIZZA

- 1 (16 oz.) jar prepared spaghetti sauce
- 1 lb. ground beef, browned
- Mozzarella cheese
- 1 pkg. Crescent rolls

Mix together meat and sauce; simmer. Spread in 9 x 13-inch pan. Cover with grated Mozzarella cheese. Unroll crescent rolls and cover cheese. Top with Parmesan cheese. Bake as directed on rolls, until brown.

Pam Powell

SNACK PIZZAS

- 1 pkg. refrigerator biscuits
- 1/2 c. tomato sauce
- 1 tsp. oregano
- 1/3 c. chopped mushrooms
- 1/2 lb. hamburger, browned and drained
- sliced pepperoni
- sliced black olives
- chopped green pepper
- grated cheese (Mozzarella or Cheddar)

Grease baking sheet. Pat each biscuit into a 4-inch circle. Put each circle on the baking sheet. Mix the tomato sauce and the oregano together; spoon some on each biscuit. Add toppings of your choice and finish with cheese. Bake at 400° for about 8 minutes.

Julie Tommer

HOMEMADE EAGLE BRAND MILK

- 1 c. plus 1 Tbsp. nonfat dry milk powder
- 1/2 c. warm water
- 3/4 c. sugar

Mix milk powder and warm water well; set in pan of hot water. Stir in sugar. Stir well until sugar dissolves. Cool to room temperature. This equals 1 cup Eagle Brand milk.

LaVon Sparks

CRUNCHY GRANOLA

- 1/2 c. peanut butter
- 1/2 c. honey
- 1/2 c. vegetable oil
- 1/3 c. brown sugar
- 4 1/2 c. old-fashioned oats
- 1 c. wheat germ
- 1/2 c. instant nonfat dried milk
- 1 1/2 tsp. salt
- 1 1/2 c. dry peanuts
- 1 (12 oz.) pkg. dried mixed fruit, snipped
- 1 (8 oz.) pkg. pitted dates, snipped

Combine honey, peanut butter, oil and brown sugar in saucepan; heat until it comes to simmer. Combine remaining ingredients. Pour honey mixture over dry ingredients. Spoon onto 15 x 10 x 1-inch jellyroll pan. Bake at 300° for 1 hour, stirring every 20 minutes. Cool and store in plastic bag. To freshen, heat in 325° oven for 30 minutes. Cool. Can substitute raisins for dried fruit, but add after baking.

Julie Tommer

<<< Extra Recipes >>>

<<< Extra Recipes >>>

APPETIZERS, RELISHES & PICKLES

SOUR CREAM RIPE OLIVE DIP 1
DILL DIP 1
CHOPPED CHIP BEEF DIP 1
SPINACH DIP 1
BEAN DIP 2
VEGETABLE DIP 2
CURRY DIP 2
BEAN DIP 2
TEX-MEX DIP 2
ENCHILADA DIP 3
SHRIMP DIP 3
DIP FOR FRUIT 4
FRIED CHEESE 4
PARMESAN POTATO STICKS 4
OYSTER CRACKER PARTY MIX 4
CHEESE PUFFS 5
BRAUNSCHWEIGER BALL 5
CHEESE BALL 5
CHEESE BALL 5
CORNED BEEF AND CHEESE BALL 6
JIMMY DEAN SAUSAGE BALLS 6
CHEESE BALL 6
OLIVE NUT SPREAD 6
SAUSAGE ROLLS 7
COCKTAIL MEATBALLS 7
PINWHEELS 7
SAUSAGE PINWHEELS 8
WATER CHESTNUTS AND BACON 8
BREAD STICKS WITH BACON 8
SNACK CRACKERS 9
MARINATED MUSHROOMS 9
BEER NUTS 9

SOUPS, SALADS & SAUCES

VEGETABLE BEAN SOUP 11
POTATO SOUP 11
CLAM CHOWDER 11
CORNED BEEF CHOWDER 12
TURKEY CHOWDER 12
CATFISH CHOWDER 13
POTATO-CHEDDAR SOUP 13
CLAM CHOWDER 13
CREAM OF CAULIFLOWER SOUP 14
BROCCOLI SOUP 14
CHOPS BAKED IN SOUP 15
GAZPACHO SOUP 15
CROCK-POT STEAK SOUP 15
GOLDEN CREAM SOUP 16
LAYER SALAD 16
FIX AND MIX SALAD 16
GERMAN POTATO SALAD 17
BROCCOLI SALAD 17
HOT CHICKEN SALAD 17
CABBAGE SLAW 18

INDEX

CUCUMBER SALAD 18
COPPER PENNY SALAD 19
ISABELLA'S CREAMY APRICOT SALAD 19
CHICKEN AND LETTUCE SALAD 19
KAY'S CURRIED SPINACH SALAD 20
RAW CRANBERRY SALAD 20
BING CHERRY SALAD 20
THREE FRUIT SALAD 21
STRAWBERRY-NUT SALAD 21
STRIPED CHRISTMAS SALAD 22
VEGETABLES SALAD 22
GERMAN POTATO SALAD 23
FRESH VEGETABLE SALAD 23
MACARONI SALAD CARBOVANA 23
CRANBERRY-MALLO SALAD 24
CRANBERRY SALAD 24
COLESLAW 24
PEA SALAD 24
FAVORITE MARINATED SALAD 25
APRICOT SALAD 25
MINT SALAD 25
STRAWBERRY NUT SALAD 26
FRUIT SALAD 26
BLUEBERRY SALAD 26
STRAWBERRY SALAD 27
ARTIC SALAD 27
ACINI DE PEPE FRUIT SALAD 28
CAULIFLOWER SALAD 28
COLE SLAW 28
CHEESE AND PEA SALAD 29
APRICOT SALAD 29
STEWED TOMATO SALAD 29
ORANGE SHERBET SALAD 30
AMBROSIA 30
CORN SALAD 30
JIFFY SALAD 30
TAPIOCA SALAD 31
UNDER THE SEA SALAD 31
APRICOT SALAD 31
CHICKEN SALAD 32
VELVET SALAD 32
LIME SURPRISE SALAD 32
CASHEW SALAD 33
PARMESAN SALAD 33
PEA AND BEAN SALAD 33
FROZEN PEA SALAD 34
RED HOT APPLE JELLO 34
SALAD DRESSING 34
SAUCE FOR GRILLED CHICKEN 34
COOKED SALAD DRESSING 35
BLENDER MAYONNAISE 35
FRENCH DRESSING 36
CASSEROLE SAUCE MIX 36
CHEESE WHIZ 36
HEAVENLY CHOCOLATE SAUCE 36
BAR-B-QUE SAUCE 37
FREEZER TOMATO SAUCE 37

CREAMY GARLIC DRESSING.............................. 37

MAIN DISHES

CHICKEN RICE CASSEROLE.............................. 39
MEXICAN LENTILS.............................. 39
MEXICAN STYLE CASSEROLE.............................. 39
HOT TAMALE BAKE.............................. 40
OVEN BEEF STEW.............................. 40
BAR-B-Q BEEF.............................. 40
POTATO BEEF QUICK MEAL.............................. 41
CREOLE GUMBO.............................. 41
BEANIE BEEF HASH CASSEROLE.............................. 41
EASY FIX CASSEROLE.............................. 42
BEAN CASSEROLE.............................. 42
BEEF AND TATER TOTS BAKE.............................. 42
BEEF AND BEAN ROUNDUP.............................. 43
KRAUT CASSEROLE.............................. 43
TUNA BISCUIT CASSEROLE.............................. 43
CLASSIC CHEESE STRATA.............................. 44
HAMBURGER AND NOODLES.............................. 44
RICE DRESSING.............................. 44
CLASSY QUICHE.............................. 45
CHEESE AND TUNA CRESCENTS.............................. 45
MEXICALE HOT DISH.............................. 45
TUNA LOAF.............................. 46
LASAGNA.............................. 46
CROCK-POT STEAK CASSEROLE.............................. 47
OYSTER CASSEROLE.............................. 47
MICROWAVE LASAGNA.............................. 47
TAMALE PIE.............................. 48
TACO PIE.............................. 48
CHICKEN CASSEROLE.............................. 49
CHICKEN POT PIE.............................. 49
CHICKEN ENCHILADAS.............................. 50
CHICKEN CASSEROLE.............................. 50
ALPINE CASSEROLE.............................. 50
BEEF STROGANOFF.............................. 51
HAMBURGER CASHEW HOT DISH.............................. 51
HAMBURGER HIGH HAT.............................. 52
STUFFING TOPPED PORK CHOPS.............................. 52
CABBAGE ROLLS IN GOLDEN SAUCE.............................. 52
BEEF, CABBAGE AND TACO CASSEROLE.............................. 53
AUNT NINNY'S JOHN BEN GETTY CASSEROLE.............................. 53
BREAKFAST CASSEROLE.............................. 54
HOLIDAY BUFFET CASSEROLE.............................. 54
CHEESE SOUFFLE.............................. 55
CHICKEN AND SNOW PEAS.............................. 55
COMPANY CASSEROLE.............................. 55
LASAGNE.............................. 56
FAJITAS.............................. 56
VIRGINIA'S COMPANY STRATA.............................. 57
AUNT DORA'S BEST CHICKEN CASSEROLE.............................. 57
SCRAMBLED EGG CASSEROLE.............................. 58

MEATS, POULTRY & SEAFOOD

CROCK-POT STEAK 59
BARBECUED MEATBALLS 59
BARBEQUED WIENERS 59
B B Q MEATBALLS 60
MUSHROOM MEATBALLS 60
SPICY MEATBALLS 60
MEAT LOAF IN MUSHROOM SAUCE 61
DELUXE HAMBURGER PATTIES 61
SWEET AND SOUR MEATBALLS 61
MEAT PATTIES IN SWEET AND SOUR SAUCE 62
BOBOCHI 62
CHOP SUEY 62
PORCUPINE MEATBALLS 63
PORCUPINES 63
BEEF BOLOGNA 63
MARINATED STEAK 64
PORKIES 64
B Q COUNTRY RIBS 64
PORKY MEATBALLS 65
SWEET AND SOUR RIBS 65
SMOTHERED PORK CHOPS 66
PORKIES 66
GRANDMA DODIE'S NUGGET CHICKEN 66
VIRGINIA'S SCALLOPED BACON AND EGGS 67
SCALLOPED CHICKEN 67
HOT CHICKEN SALAD 67
CHICKEN BREASTS 68
CHICKEN IN SOUR CREAM SAUCE 68
CHICKEN BREASTS IN SOUR CREAM 68
CHICKEN HAVANA 69
CHICKEN BITS 69
HAM AND CHICKEN ROLL-UPS 69
HUNTINGTON CHICKEN 70
OVEN-FRIED CHICKEN PARMA 70
CHICKEN BREASTS 71
CHICKEN ENCHILADAS 71
CHICKEN TACOS 71
SCALLOPED CHICKEN 72
QUICK AND EASY SEAFOOD SUPPER 72

VEGETABLES

TOMATO PERFECTION 73
ASPARAGUS CASSEROLE 73
FESTIVE TOMATO WEDGES 73
CORN CASSEROLE 74
BAKED HASH BROWNS 74
GREEN BEANS AND WATER CHESTNUTS 74
ZESTY CAULIFLOWER 74
CREAM-STYLE CORN 75
JALAPENO BAKED CORN 75
SPICY GREEN BEANS 75
BEAN BAKE 76
OVEN BROWNED POTATOES 76
VEGETABLE CASSEROLE 76

ZUCCHINI FIESTA.......... 76
CORN CASSEROLE.......... 77
CHEESE POTATOES.......... 77
MARINATED CARROTS.......... 77
BROCCOLI SALAD.......... 78
HERBED ZUCCHINI.......... 78
CALICO BEANS.......... 78
BROCCOLI CASSEROLE.......... 79
CALICO BEAN POT.......... 79
SPICY VEGETABLE CHILI.......... 80
SWISS-POTATO CASSEROLE.......... 80
ZUCCHINI PIE.......... 81
MICROWAVE BROCCOLI SOUFFLE.......... 81
SCALLOPED BEANS.......... 81
BAKED SLICED POTATOES.......... 82
POTATO-SAUERKRAUT CASSEROLE.......... 82
SHOE PEG CORN CASSEROLE.......... 83
BROCCOLI AND NOODLE PARMESAN.......... 83

BREADS, ROLLS, PIES & PASTRY

PEANUT BUTTER PIE.......... 85
ANGEL PIE.......... 85
GRANDMA VANDEVER'S SILVER CREAM PIE.......... 85
STRAWBERRY PIE.......... 86
FRENCH CHOCOLATE PIE.......... 86
BANANA SPLIT PIE.......... 86
FRENCH SILK CHOCOLATE PIE.......... 87
PUMPKIN PECAN PIE.......... 87
MOM'S SOUR CREAM RAISIN PIE.......... 87
PEACH PIE.......... 88
NEVER FAIL PIE MERINGUE.......... 88
SOUR CREAM RAISIN PIE.......... 88
LEMON PIE.......... 89
NUTTY CHOCOLATE PIE.......... 89
YOGURT PIE.......... 89
FROZEN PIE.......... 90
YUMMY YUMMY PECAN PIE.......... 90
MICROWAVE APPLE PIE.......... 90
STRAWBERRY PIE.......... 91
BUTTERSCOTCH PIE.......... 91
SOPAIPILLAS.......... 92
ROSIE'S POPPY SEED BREAD.......... 92
BEER BREAD.......... 92
HEIRLOOM BREAD.......... 93
PINEAPPLE-PECAN BREAD.......... 93
ZUCCHINI BREAD.......... 93
WHITE BREAD.......... 94
BEER BREAD.......... 94
HOBO BREAD.......... 94
GREAT CORN BREAD.......... 95
SOUR CREAM BANANA BREAD.......... 95
CARROT-PINEAPPLE BREAD.......... 95
PRUNE BREAD.......... 96
EGG PIE CRUST.......... 96
PAT-A-PIE PASTRY.......... 96
E-Z PIE CRUST.......... 97
PIE CRUST.......... 97

PIZZA CRUST 97
MASTER PIE CRUST MIX 97
SOUTHERN GAL BISCUITS 98
PERFECT BISCUITS 98
APPLESAUCE PUFFS 98
MUFFIN MIX 99
SIX WEEKS MUFFINS 99
CINNAMON SWIRLS 99
LORI'S CINNAMON CRISPIES 100
FRENCH BAKED DOUGHNUTS 101
BAKE SALE CINNAMON ROLLS 101
BREAKFAST TAKE-A-LONGS 102
30 MINUTE HAMBURGER BUNS OR ROLLS 102
DROP DOUGHNUTS 102
NUT ROLLS 103
JEWISH CHALLAH BRAID 103
MINTA'S BUTTERMILK ROLLS 103

LOW CALORIE DISHES

PORK CHOPS AND DRESSING 105
COOL DESSERT 105
SUGAR-FREE PUMPKIN PIE 105

CAKES, COOKIES, FROSTINGS & CONFECTIONS

VELMA'S FRESH APPLE CAKE 107
POOR MAN'S CAKE 107
DUMP CAKE 107
HAWAIIAN CAKE 108
MILLIONAIRE'S CHEESE CAKE 108
HARVEST LOAF CAKE 108
CARROT CAKE 109
CHESS CAKE 109
WESTERN CAKE 110
FILLED COFFEE CAKE 110
TURTLE CAKE 111
UNBAKED CHRISTMAS FRUITCAKE 111
APPLE CRUNCH CAKE 111
SOUR CREAM PECAN COFFEE CAKE 112
CHOCOLATE SHEET CAKE 112
TWINKLE CAKE 113
STRAWBERRY CAKE 113
CHOCOLATE ICEBOX CAKE 113
CHOCOLATE CARAMEL CAKE 114
CARROT CAKE 114
GRANDMA'S FRESH APPLE CAKE 115
AUNT BETTY'S COFFEE CAKE 115
GREEN TOMATO BARS 116
COCONUT CARROT CAKE 116
POPPY SEED CAKE 117
POUND CAKE 117
PEG PICKIN CAKE 118
QUICK AND EASY CHOCOLATE CAKE 118
POPPY SEED CAKE 119
LEMON EXTRACT CAKE 119
CARROT CAKE 119

HAPPINESS CAKE 120
GERMAN CHOCOLATE CAKE 120
PUMPKIN PIE CAKE 121
CUT-OUT SUGAR COOKIES 121
GRANDMA TYLER'S SUGAR COOKIES 122
TOLL OATS COOKIES 122
GUMDROP COOKIES 122
CARROT COOKIES 123
BASIC SUGAR COOKIES 123
POTATO CHIP COOKIES 123
CATHEDRAL COOKIES 124
SUGAR AND SPICE COOKIES 124
CHOCOLATE CHIP PEANUT BUTTER COOKIES 124
PEANUT BUTTER COOKIES 124
PECAN SANDIES 125
BUTTERSCOTCH PECAN COOKIES 125
PEANUT BUTTER KISSES 125
QUICK LEMON COOKIES 126
HI-ENERGY COOKIE BAR 126
ROSEMARY'S PEANUT PUFFS 127
SUGAR COOKIES 127
AMISH SUGAR COOKIES 127
PINEAPPLE DROP COOKIES 128
SOUR CREAM CHOCOLATE DROPS 128
DELICIOUS COOKIES 128
PINEAPPLE COOKIES 129
SYRUP COOKIES 129
FRUIT COCKTAIL COOKIES 129
FRENCH COOKIE DOUGH 130
NO TROUBLE COOKIES 130
CHOCOLATE SHOT COOKIES 130
CHOCOLATE MARSHMALLOW COOKIES 130
BANANA COOKIES 131
ORANGE BALLS 131
ENERGY SAVER BARS 131
CHOCOLATE CARAMEL BARS 132
LEMON CHEESE BARS 132
HEATH BARS 133
SCOTCH BARS 133
MICROWAVE CHERRY MASH BARS 133
MICROWAVE MOUND BARS 134
CHOCOLATE CHIP BLONDE BROWNIES 134
BUTTERMILK CINNAMON BARS 134
HELLO DOLLY BARS 135
PEANUT LOGS 135
SNICKER BARS 135
TOFFEE BARS 136
LEMON SQUARE BARS 136
PECAN-RIBBON BROWNIES 136
COCOA BROWNIES 137
GERMAN CHOCOLATE-CARAMEL BARS 137
COCONUT PECAN BARS 138
SWISS CHOCOLATE SQUARES 138
EASY BROWNIES 139
PEANUT BUTTER GOLDEN BROWNIES 139
CREAMY ICING 139
PEANUT BUTTER CRUNCHIES 140
CINNAMON OR ANISE CANDY 140

PEANUT BRITTLE 140
DIPPED CHOCOLATES 141
POPCORN CAKE 141
PEANUT BUTTER PLAY DOUGH 141
CHOCOLATE PEANUT BUTTER CANDY 142
CEREAL CANDY 142
TURTLES 142
AUNT DOROTHY'S HARD TACK CANDY 143
PEANUT BRITTLE 143
STRAWBERRY CANDIES 143
PEANUT CLUSTERS 143
PEANUT BUTTER FUDGE 144
MICROWAVE PEANUT BRITTLE 144
MICROWAVE FUDGE 144
HEATH CANDY 145
BONBONS 145
AUNT EDNA'S CANDY 145
ALMOND BUTTER CRUNCH 145
LUCY'S WALNUTTY CARAMELS 146
MICROWAVE FUDGE 146
PEANUT BUTTER CUPS 146
PEANUT BUTTER BALLS 147
PEANUT CLUSTER 147
CARAMEL CORN 147
CARAMEL CORN 148
CARAMEL CORN 148

DESSERTS

APPLE DELIGHT 149
BAKED APPLE DESSERT 149
WIKI-WIKI-WALK-A-WAY 150
SEVEN LAYER BARS 150
PUMPKIN DESSERT 150
APPLE GOODIE 151
ICE CREAM ROLL 151
FROZEN STRAWBERRY DESSERT 151
ENGLISH APPLE CRISP 152
RHUBARB DELIGHT 152
PEACH JELLO 152
FRUIT COMBO 153
BAVARIAN CREAM 153
HEAVENLY HASH 153
VIOLA'S RHUBARB PUDDING 153
MILDRED'S FROZEN DELIGHT 154
CHERRY CREAM DESSERT 154
DESSERT BARS 154
FROSTED FRUIT SQUARES 155
GRANOLA BARS 155
RHUBARB DESSERT 156
BUTTERFINGER DESSERT 156
LEMON-LIME DESSERT 157
ESCALLOPED PINEAPPLE 157
ANNA'S BANANA DELISH DESSERT 157
CHERRY FROZEN DESSERT 158
OREO DESSERT 158
COCONUT DELIGHT 158

PUMPKIN DESSERT 159
FROZEN YUMMY DESSERT 159
CUSTARD 159
PISTACHIO DESSERT 160
CHERRY DESSERT 160
FRUIT CUP SLUSH 160
CHERRY CHEESECAKE DESSERT 161

BEVERAGES, SANDWICHES & MISCELLANEOUS

V-7 JUICE 163
WASSAIL 163
WASSAIL 163
ORANGE JULIUS 163
GOOD PUNCH 164
STRAWBERRY-BANANA PUNCH 164
GOOD PUNCH 164
CRANBERRY TEA 164
UNUSUAL HOT PUNCH 165
BANANA CRUCH PUNCH 165
SLUSH SLUSH PUNCH 165
COOKED GRAPE JELLY 166
FREEZER STRAWBERRY JAM 166
STRAWBERRY DAIQUIRI 167
MICROWAVE POPCORN 167
SWEETENED CONDENSED MILK 167
HOT HAM SANDWICHES 167
UPSIDE-DOWN PIZZA 168
SNACK PIZZAS 168
HOMEMADE EAGLE BRAND MILK 168
CRUNCHY GRANOLA 169

NOTES

Thank You...

YOUR PURCHASE OF THIS UNUSUAL COOKBOOK
HAS HELPED A WORTHY ORGANIZATION
RAISE NEEDED FUNDS

NOW YOUR CHURCH, SCHOOL OR OTHER GROUP CAN USE THIS EASY, PROVEN PLAN TO

Raise $300 to $3,000

and more, without risk or investment!

Friends, neighbors, relatives will be delighted to buy your cookbooks. ***Recipes are submitted by your members,*** so books are available only from your group. And they're PERSONALIZED with the name of your organization and names of members whose recipes are used. We help you every step of the way and ***we guarantee your success!*** NO INVESTMENT, NO RISK. Fill out and mail postage-free card below for full facts. Do it NOW!

Butter 'n Love Recipes
Our Favorite Recipes
Country Cookbook

ONLY FUNDCRAFT COOKBOOKS OFFER ALL THIS AT NO EXTRA COST!

- *Full color cover design or your own cover design*
- *10 full color section dividers*
- *Full recipe index*
- *4 local information pages, local photo of your choice*
- *26 pages of helpful cooking information*

OR
For Free Facts
CALL TOLL-FREE!
1-800-351-7822, Ext. 5
(In TN, call 1-800-325-1994, Ext. 5)

The *Original* Personalized Community Cookbook Publishers
410 Highway 72 West
P.O. Box 340 • Collierville, TN 38017

RETURN THIS CARD NOW FOR FULL FACTS WITHOUT COST OR OBLIGATION!

FUNDCRAFT PUBLISHING,
410 Highway 72 West, P.O. Box 340
Collierville, Tennessee 38017

YES! We're interested in your no-risk; no investment fund-raising plan. Please rush full facts.

Organization____________________ No. of Members________

Your Name____________________________

Address____________________________

City____________________ State______ Zip________

If you belong to an organization that needs money, RETURN THIS POSTAGE-PAID CARD NOW for FREE fund-raising facts!

OR

For Free Facts

CALL TOLL-FREE!

1-800-351-7822, Ext. 5

(In TN, call 1-800-325-1994, Ext. 5)

(Tear along perforation, fill in other side and mail)

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS PERMIT NO. 58 COLLIERVILLE, TN

POSTAGE WILL BE PAID BY ADDRESSEE

Fundcraft Publishing

410 Highway 72 West
P.O. Box 340
Collierville, TN 38017

TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

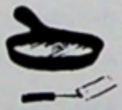
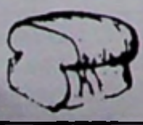
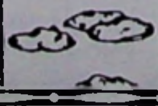
Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

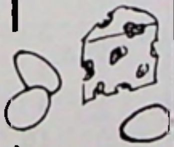
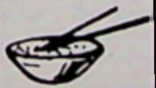
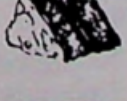
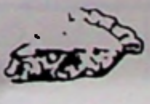
A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

MEAT		WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

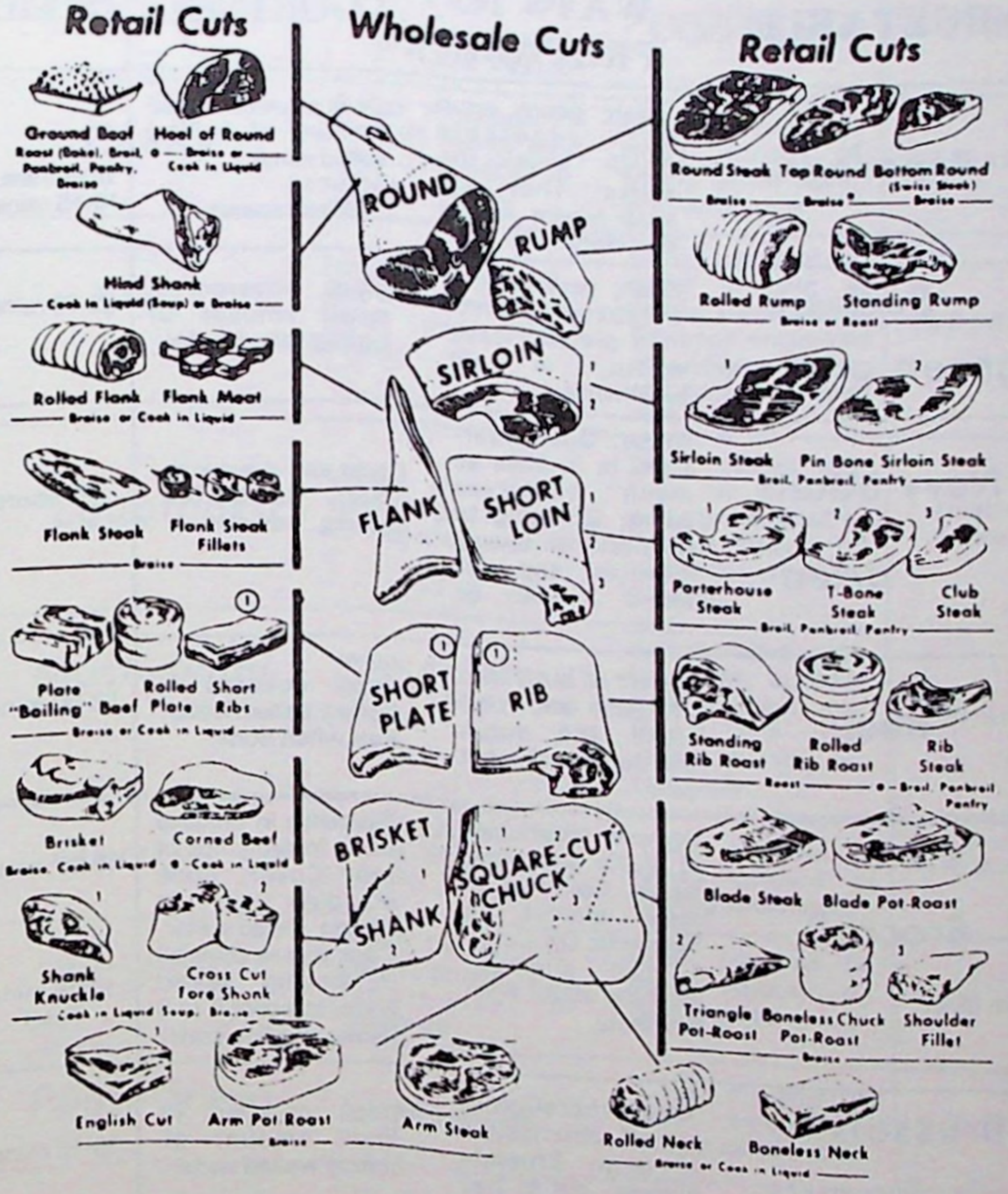

Retail Cuts
Wholesale Cuts
Retail Cuts
Ground Beef
Heel of Round
Roast (Bake), Broil, Panbroil, Panfry, Braise
Braise or Cook in Liquid
Hind Shank
Cook in Liquid (Soup) or Braise
Rolled Flank
Flank Meat
Braise or Cook in Liquid
Flank Steak
Flank Steak Fillets
Braise
Plate "Boiling" Beef
Rolled Plate
Short Ribs
Braise or Cook in Liquid
Brisket
Corned Beef
Braise, Cook in Liquid
Cook in Liquid
Shank Knuckle
Cross Cut Fore Shank
Cook in Liquid Soup, Braise
English Cut
Arm Pot Roast
Arm Steak
Braise
ROUND
RUMP
SIRLOIN
FLANK
SHORT LOIN
SHORT PLATE
RIB
BRISKET
SHANK
SQUARE-CUT CHUCK
Round Steak
Top Round
Bottom Round (Swiss Steak)
Braise
Braise
Braise
Rolled Rump
Standing Rump
Braise or Roast
Sirloin Steak
Pin Bone Sirloin Steak
Broil, Panbroil, Panfry
Porterhouse Steak
T-Bone Steak
Club Steak
Broil, Panbroil, Panfry
Standing Rib Roast
Rolled Rib Roast
Rib Steak
Roast
Broil, Panbroil Panfry
Blade Steak
Blade Pot-Roast
Triangle Pot-Roast
Boneless Chuck Pot-Roast
Shoulder Fillet
Braise
Rolled Neck
Boneless Neck
Braise or Cook in Liquid

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2″ piece	110
Cheese Cake	2″ piece	200
Chocolate Cake, iced	2″ piece	445
Fruit Cake	2″ piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2″ piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

FRUITS

		Calories
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour

1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 /2 teaspoon baking soda.

1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg .... 2 egg yolks for custards.

1 cup molasses .... 1 cup honey.

1 package active dry yeast .... 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.

1 tablespoon prepared mustard .... 1 teaspoon dry mustard.

Favorite Recipes

Recipe Name **Page No.**

Notes

Favorite Recipes

Recipe Name **Page No.**

Notes

Copyright © 1977
BY
Fundcraft Publishing, Inc.
P.O. Box 340, Collierville, TN